

HALIFAX

metro®

NEWS
WORTH
SHARING.

'It's important to acknowledge loss'

Hundreds affected by miscarriage, stillbirth or neonatal loss gathered for the Walk to Remember **PAGE 5**

Nocturne turns heads downtown

Hotdogs roasting on a garbage fire and coded nautical flags were on offer at the art festival **PAGE 6**

MOOSEHEADS CAN'T SWEEP N.S. RIVALS

HALIFAX FALLS ON ROAD TO CAPE BRETON TWO DAYS AFTER BEATING THEM AT HOME **PAGE 24**



REMEMBERING THE FALLEN

RCMP Supt. Marlene Snowman prepares to lay a wreath at Grand Parade on behalf of all fallen RCMP officers in Nova Scotia as well as recognizing RCMP Consts. Fabrice Gevaudan, Dave Ross and Douglas Larche, who were killed in Moncton, N.B., in June. The ceremony was part of the annual Nova Scotia Fallen Peace Officers Memorial Service on Sunday. Story, page 4. JEFF HARPER/METRO

A reason to listen to radio again

Radio 96.5 FM

Mainland Common to go off-leash?

See Spot run in a new park. Staff report recommends new home for dog park to replace Africville site



RUTH DAVENPORT
ruth.davenport@metronews.ca

City staffers are recommending a new off-leash dog park on the Mainland Common as short-term compensation for decommissioning the Africville park.

A report going to council on Tuesday says the fenced-in warm-up area of the Common south of the artificial turf fields can be ready for use as a dog park by the council-imposed deadline of Dec. 31.

Fencing would be added to enclose the nearby unused forested stand to expand the dog park in the spring of 2015.

"It may not be everything

to everyone, but from what I've read, it's a reasonable step forward," said Coun. Jennifer Watts.

The staff report states a proposed site east of the Africville parking lot was deemed too small, not accessible, and too close to the historic site by participants at a public meeting held in July.

But Watts urged dog owners to bear in mind that a new park on the Mainland Common is a short-term fix, and an ongoing review of the entire off-leash strategy may result in yet more parks across the city.

She added dog owners may have to be flexible about the size and shape of those parks if they are to fit into "tight urban areas."

"Can you have a big one like out at the Mainland Common and ... is there another alternative for an urban area which is not going to be a large park, but it is a fenced off-leash dog park that people can go to as well?" she said.



Actor portraying a police officer

Pursue a rewarding career in law and justice.

Complete a 2 year program in just 60 weeks.

Our Law and Justice programs prepare you to work in Corrections, Security, Policing and Paralegal.



Corrections and Policing | Paralegal Plus

successcollege.ca 902.865.8283

CHEVROLET

CANADA WIDE CLEARANCE

0% PURCHASE FINANCING FOR **84** MONTHS* ON SELECT 2014 MODELS OR **UP TO \$8,000** IN CASH CREDITS ON OTHER MODELS

FALL BONUS / ELIGIBLE OWNERS RECEIVE AN ADDITIONAL \$1,500 ON ALL 2014 AND 2015s

**ALL 2014s ARE PRICED TO MOVE.
COME IN TODAY FOR THE BEST SELECTION.**



2014 SILVERADO *Double Cab 2WD 1WT*

0% PURCHASE FINANCING FOR **84** MONTHS*

OR UP TO **\$8,000** IN CASH CREDITS ON OTHER MODELS

FEATURES

- CRUISE CONTROL
- POWER DOOR LOCKS
- POWER WINDOWS
- STABILITRAK® WITH TRAILER SWAY CONTROL
- 5 STAR SAFETY RATING
- ECOTEC3 ENGINE
- 60,000 KM LONGER POWERTRAIN WARRANTY THAN F150 & RAM

*See dealer for details.



636 Portland Street
Dartmouth, NS
Phone: 902.434.4100
Toll Free: 1.888.814.8882
www.steelechev.com

Steele



Councillor wants to know why Halifax keeps springing leaks



A gas leak on Gaston Road in September. JEFF HARPER/METRO

Natural gas. Gloria McCluskey to ask for a report on the problem and possible solutions



RUTH DAVENPORT
ruth.davenport@metronews.ca

One regional councillor is asking for more information on natural gas leaks in HRM, as well as any measures the city should take to "address" the leaks.

Coun. Gloria McCluskey will

ask council to support a request for a staff report "regarding the number of natural gas leaks annually since 2008 and the impact on business and residents and any best practice and/or actions HRM should be taking with Heritage Gas and contractors to address these leaks."

McCluskey wasn't available Sunday to discuss the agenda item in detail, but it follows a natural gas leak last week that forced dozens of businesses in Burnside to be evacuated.

Construction crews working for the city at Joseph Zatzman Drive and Akerley Boulevard punctured a four-inch natural

gas main pipe.

There have been several similar incidents in 2014. Construction crews also fractured a pipe on Gaston Road in Dartmouth in late September, forcing dozens of homes in the area to be evacuated.

Separate leaks in south-end Halifax and the Gaston Road area of Dartmouth led to evacuations and the cancellation of dozens of surgeries at the Victoria General in mid-July.

Several blocks of the downtown core were cordoned off in late March when a snow removal contractor hit a natural gas line with a Bobcat.

On the patio

Regional council will also host a public hearing Tuesday evening on the proposed new patio bylaw. The bylaw, which passed first reading last month, contains a proposed flat-rate fee of \$800 for seasonal patios, which some councillors felt was prohibitive for smaller businesses. The bylaw also requires an increase in liability insurance from \$2 million to \$3 million and includes the possibility of licensing year-round patios.

Suspect sought

Woman robbed at knifepoint at Halifax hotel

Halifax Regional Police are looking for a suspect after a woman was robbed at knifepoint in a downtown hotel.

Staff Sgt. Bill Morris said it happened in a hallway leading to a room in the Prince George Hotel on Market Street around 12:15 a.m. Sunday.

The 29-year-old woman wasn't hurt, but lost money and a cellphone in the mugging.

Morris said hotel staff helped responding officers locate a suspect, who was arrested and then released without being charged on Sunday morning.

Investigators are now looking for a second suspect. **RUTH DAVENPORT/METRO**



Virtual Everest makes a mountain out of Citadel Hill

Runners head down the back of Citadel Hill past prayer flags as part of the second annual Virtual Everest on Sunday. Individuals and teams climbed the hill 80 times to mimic the distance up Mount Everest and raised nearly \$20,000 for the Arthritis Society. **JEFF HARPER/METRO**

1 NEWS



WENTWORTH

TOWNHOUSES
TOWNHOUSE CONDOMINIUM
SINGLE FAMILY HOMES

Wentworth is a collection of Halifax's select land parcels sought by discerning homebuyers. Like precious jewels, these properties are few, and they are simply superb. Nestled in deep lots against a natural greenbelt, and wrapped by stunning streetscapes, this harmonious collection of truly unique arts and crafts inspired homes, is simple in elegance and integrated with nature.



PROPERTIESATWENTWORTH.COM 902.496.0916

Peace officers, family of fallen officers, gather for ceremony

'You don't forget.'

Daughter of N.S. cop killed in line of duty lays wreath



HALEY RYAN

haley.ryan@metronews.ca

Tanya Burkholder held her son's hand as they walked up to lay flowers against the stone monument in Grand Parade, over 100 peace officers in red, green and blue standing in still rows behind them.

Sunday marked the 32nd annual Law Enforcement Memorial Service in Halifax, where members of the RCMP, police forces, and Department of Natural Resources from across the province listened to the names of those who died in the line of duty

before marching down Barrington Street to a memorial service at St. Mary's Basilica.

One of those names was Sgt. Derek Burkholder, a Lunenburg Mountie who was shot and killed on June 14, 1996, while responding to a domestic dispute.

"Everybody says time heals all wounds, but it doesn't," said Burkholder's daughter Tanya.

"You don't forget. You just learn how to move on without that person that you love so much," she said.

Tanya said it was important for her and her young son, Dylan, to come place the flowers for her father and in support of the families of the three Moncton RCMP officers who were killed in Moncton this June.

"It is important to remember," she said.

The grieving process is just starting for the families,

Tanya said, adding it's always hard to handle losing someone when they didn't choose to end their life and "somebody else made that decision for them."

"That's difficult to accept, but you move on," she said.

Supt. Marlene Snowman, who was in Moncton during the time of the shooting, laid a wreath in recognition of those officers and fallen RCMP in Nova Scotia.

Westville police chief and chairman of the memorial committee, Don Hussler, said he was thinking about former colleagues such as Burkholder and Chief Myles Burke during the playing of the Last Post.

Burke, who worked with the Cape Breton Regional Police, died of a heart attack on April 9, 2011, and was added to the list of names Sunday.

"It's very touching," Hussler said.



Members of the RCMP and Peace Officers from all over Nova Scotia march down Barrington Street on Sunday as part of the annual Nova Scotia Fallen Peace Officers Memorial Service. JEFF HARPER/METRO

New Discovery Centre gets \$1M RBC donation

The ongoing fundraising campaign for Halifax's new Discovery Centre got a jolt on Friday, when it was announced that the Royal Bank of Canada had made a \$1 million donation.

At a ceremony at City Hall, it was also revealed that the re-Discovery campaign had raised \$16 million — 80 per cent of the way to its ultimate goal of \$20 million.

"It's pretty hard to express the feelings that are floating around this room right now,"

said Rick Emberley, chairman of the Discovery Centre's board of directors. "If things continue like this, we'll be cutting the ribbon for the new centre as early as possible in 2016."

The new centre, which will replace the existing one on Barrington Street, is to be housed in the Nova Scotia Power building along the Halifax waterfront.

"The new Discovery Centre will be part of the economic

development of the city and part of the growth of the city," said Halifax mayor Mike Savage. "It will attract people to our wonderful waterfront."

The \$1 million donation from RBC will be used to create the RBC Streetscape at the new centre, an interactive model of various regions of Nova Scotia that will be the largest of the five galleries.

"It will be important for people who live here, and for people who are thinking about

living here," said Roger Howard, RBC's regional president for Atlantic Canada.

In addition to the headlining donation from RBC, other notable contributors were recognized, including an anonymous donor who gave \$250,000.

"That kind of gesture inspires us," Emberley said. "For someone to make such a significant contribution without wanting recognition is very special." BRAEDON CLARK/FOR METRO



Halifax mayor Mike Savage speaks at a ceremony announcing new funding for the Discovery Centre on Friday. BRAEDON CLARK/FOR METRO

GALA LATINA 2014

Saturday, October 25th

WTCC • 1800 Argyle St., Halifax

Doors open at 6pm

LIVE MUSIC

with Los Primos
& Augusto Enriquez

SILENT AUCTION

Proceeds go to: Voluntariado Madre
Teresa de Calcuta, Neiva, Colombia

Latin infused
DINNER

Tickets: Adult \$50, Child \$30

Contact info@latispanica.org or visit us on



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

HALIFAX

NOVA SCOTIA

Scotiabank

WANTED

SEVERAL HOMES IMMEDIATELY

Several homes in your area will be given the opportunity of having a metal roofing system installed on their home at a reasonable cost. This lifetime product is capturing the interest of homeowners across the country who want to know this will be the last time they will have to re-roof their home. Our product is environmentally friendly and comes with a lifetime, transferable warranty with an excellent choice of colours to compliment your home and is going to be introduced to your local market. Your home can be a show place in your neighbourhood. We will make it worth your time to investigate the many benefits of metal roofing. **Year-round Service.**

PLEASE CALL TOLL FREE: 1-866-956-1919

metro

**THE
HANDY
POCKET
VERSION!**

Get the news
as it happens



Download the Metro
News App today at
metronews.ca/mobile

Walk to Remember offers support, raises awareness of infant loss

IWK Health Centre.
'I have three children;
one's just not here,'
says mother



**HALEY
RYAN**
haley.ryan@metronews.ca

Julie Marchand held her husband's hand as he pulled two of their children along in a red wagon among hundreds of others leaving the IWK Health Centre on Sunday, many in homemade shirts with ribbons painted on their faces.

About 400 people gathered at the IWK and walked a one-

kilometre loop around the building for the sixth annual Halifax Walk to Remember, which honours those children lost as a result of a miscarriage, stillbirth or neonatal loss.

"I have three children; one's just not here," Marchand said with a small smile, her family wearing shirts bearing a picture of William, who was lost in March at 34 weeks (from conception).

Marchand said the hardest part has been the lack of acknowledgement that William was "here," or having people avoid the subject because they feel it's too sensitive, which Marchand said can be worse.

"This is really healing," Marchand said. "It's import-

ant to acknowledge loss."

Stacey MacLean, one of the organizers who also lost a baby named William at 27 weeks, said it's important to bring attention to the issue because it's more common than people realize.

Roughly one in four women will have a miscarriage or stillbirth in their life, she said.

Women and couples should know they can turn to the IWK and the Walk to Remember group for support in a different way than with family or friends, MacLean said.

Paul and Susan Murphy lost Owen three years ago when they had an early termination at 22 weeks, but he was delivered and they said they were able to "meet him" for three hours before he died.

They come to the walk to raise awareness around infant loss, Paul said, and also to help break through the taboo that exists around discussing



Parents and families participate in the sixth annual Halifax Walk to Remember on Sunday. JEFF HARPER/METRO

Quoted

"It really normalizes it for you and it helps a little bit."

Paul Murphy

their experience.

"It's just a time to kind of reflect and it's sombre to go

through it," Paul said.

Susan said it's likely they'll always come to the event.

"You do think about him every day, but (it's) a special day to honour him," she said.

Trio charged after man stabbed in head, back

Two men and a woman are facing charges after a knife attack in Dartmouth early Sunday morning.

Just after midnight, police went to a home in the 0 to 100 block of Jackson Road after getting a report of a stabbing.

Responding officers found a 35-year-old man with several slash wounds to his head and back. Staff Sgt. Bill Morris said the victim and suspects are all

known to each other, and the slashing happened after an altercation in an apartment.

The man was taken to hospital by paramedics with injuries that aren't considered life-threatening.

Morris said a 47-year-old Dartmouth man is facing a charge of assault causing bodily harm and has been released on a promise to appear in provincial court in December.

A 34-year-old woman and man in his 30s, both from Dartmouth, will appear in provincial court on Monday.

Both are facing a charge of aggravated assault, and the woman is also charged with assault with a weapon and possession of a weapon dangerous to the public. All three people were arrested at the scene, police say.

RUTH DAVENPORT/METRO

Military medals stolen

RCMP in the Halifax area are asking for the public's help in finding a stolen collection of rare military medals.

Police say 50 rare medals and other collectibles were taken from a property in Lake Echo between Sept. 22 and Sept. 26.

They say some of the medals date back to the early 1900s and were from various countries and military organizations. Investigators are asking anyone with information to contact police.

THE CANADIAN PRESS



Some of the rare military medals stolen. COURTESY RCMP



The NSCC Akerley, IT and Waterfront Campuses are hosting an Open House on Tuesday, October 21, and you're invited! Meet the students, faculty and alumni – tour the shops, classrooms and labs. Find out why so many people come to NSCC for Great Careers. Right Here. Check out NSCC's 150 career-oriented programs. Find the one that's right for you.

To learn more about Open House events at all 13 NSCC campuses, visit nsc.ca/Open-House

10:00 am – 7:00 pm, Dartmouth and Halifax locations.



nsc

Art pops up as darkness falls on downtown Halifax

Installations.

Thousands pour into city streets for Nocturne festival

BRAEDON CLARK

halifax@metronews.ca

As the sun set in downtown Halifax on Saturday night, art installations began popping up everywhere, scattered around the city.

In Grand Parade, Roy Caussy stoked coals to build a fire that formed part of a display he called Smokelife 3.

Outside Neptune Theatre, Colleen MacIsaac painted Sambro Island's Gas House on a ceiling tile.

Along the waterfront, Ryan Josey projected a series of nautical flags, each representing a coded message, onto a screen. He hoped that people would come by and create their own messages.

Whatever the motivation, all of these artists had at least one thing in common: They were displaying their work as part of Nocturne,



HMCS Sackville is bathed in light along the Halifax waterfront during Nocturne. BRAEDON CLARK/FOR METRO

Quoted

"The elements in my design are universal and I think they speak to everyone in some way."

Roy Caussy, artist

an art festival that took over the streets of downtown Halifax and Dartmouth on Saturday night.

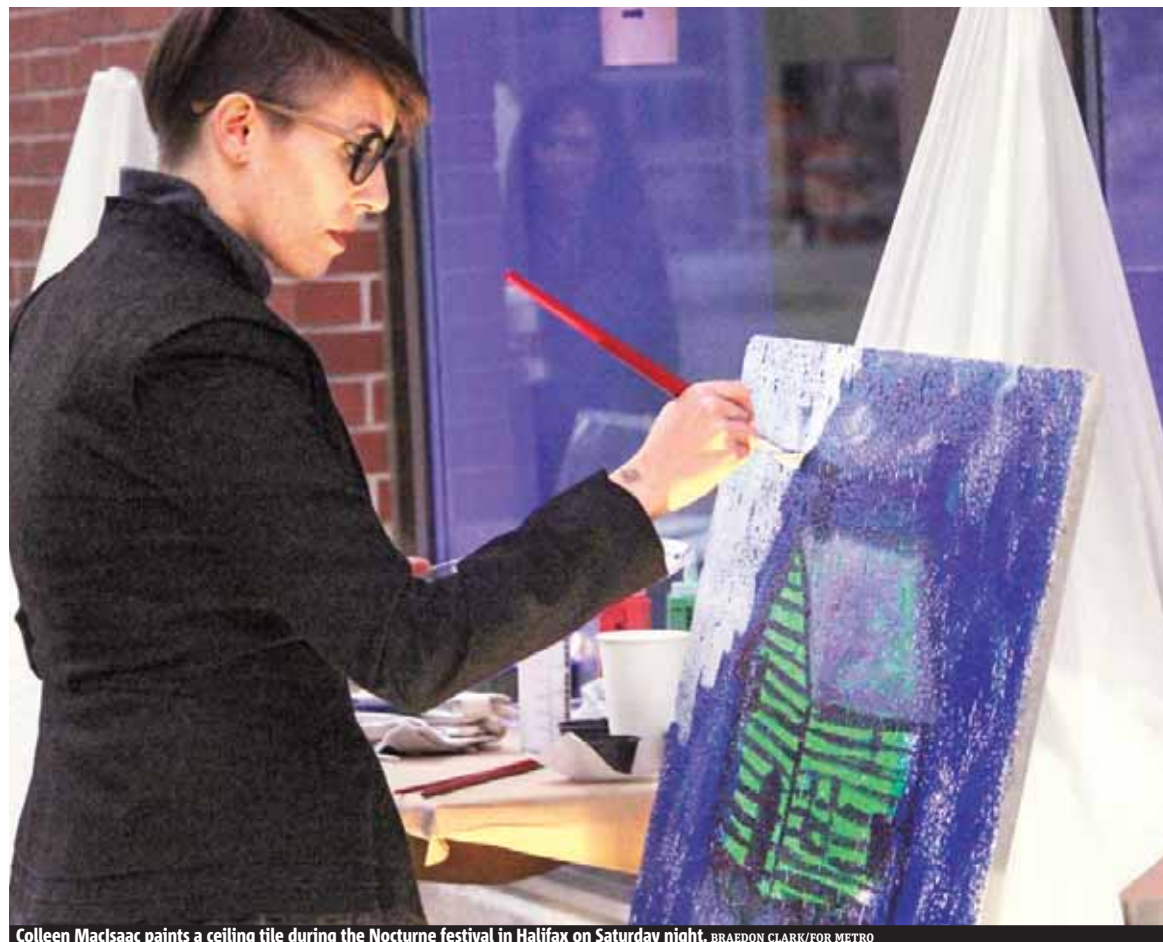
The seventh annual affair, entirely run and organized by volunteers, drew many curious onlookers. In addition to the regular hustle and bustle of Saturday night in Halifax, many people could be seen staring at programs with all of the festival details, trying to figure out where to go next.

"Where is Smokelife 3? There's supposed to be hot-dogs," one woman could be heard saying at Grand Parade, a confused look on her face.

Little did she know, the exhibit was just around the corner. It consisted of a blue tent tied to a tree and a fire in a garbage can where hot-dogs would be grilled.

"People can take what they want from it," Roy Caussy, the creator, said as he built the fire. "If they get some deep meaning from it, great. If they just want a hot-dog, that's great, too."

MacIsaac, whose painted ceiling tile will eventually be donated to an area business as part of the Mental Health Above All campaign,



Colleen MacIsaac paints a ceiling tile during the Nocturne festival in Halifax on Saturday night. BRAEDON CLARK/FOR METRO

said her motivation was to create something while also contributing to a good cause.

As for Josey, he wanted to teach people how easy it is to learn a new language or

form of communication.

"If you give me time, I'll give you poetry," he said, alluding to the fact that the coded messages of the nautical signs create a poem

when read in alphabetical order.

"They're all there," he added, pointing to a pole above where all of the flags were snapping in the breeze.

Of course, as with any art, beauty is in the eye of the beholder.

For example, one man's art is another man's garbage fire.



OPEN MON-FRI 9-5 SAT 10-3 SUN CLOSED

HEATED WINTER STORAGE

Only \$399.99

Full Service ATV Shop.

We Pay the Tax on ALL Moose Plow Systems.

30 Lake Major Rd. | Westphal

902-462-0681

toadscycles.com | Like us on Facebook

Fatal crash. Fire chief renews calls for twinning section of Highway 104

All that Barneys River fire Chief Joe MacDonald can do is shake his head.

At 5:30 a.m. on Friday, RCMP responded to a report of a collision in Marshy Hope. MacDonald's department of 15 volunteer firefighters, along with members of the Merigomish Fire Department, Pictou County and Antigonish RCMP, also responded to the two-motor vehicle crash that claimed the life of an adult male.

The preliminary investigation determined that a collision occurred between a tractor-trailer and a pickup truck, whose driver, 37-year-old Benjamin Donald Carver of Sheet Harbour, was pronounced dead at the scene.

For MacDonald, this scenario on this stretch of road is becoming a far too common occurrence.

"When the pager goes off, all I can think is, 'How bad is it going to be? What are we going to have to deal with today?'" he said.

Since 2009, MacDonald said

Quoted

"There would be less collisions on this part of the road if it was twinned."

Barneys River fire Chief Joe MacDonald

his department has responded to 13 of the 14 fatal accidents on the stretch of Trans Canada Highway between Sutherlands River and Antigonish.

"The road allows these vehicles travelling in opposite directions to collide. It takes one vehicle to make a mistake."

While he admits that sometimes an accident or collision can be caused by the driver's lack of attention, 14 deaths on this stretch of highway in the last five years points to the road itself.

"Half of these fatal accidents were head-on collisions, where someone had crossed the centre line."

NEW GLASGOW NEWS

Orphanage settlement. Lawyers won't appeal court ruling on legal fees

There will be no appeal of a court ruling on legal fees from a \$34-million class-action settlement for people who allege they were abused at a defunct Halifax orphanage, their lawyer said Friday.

Ray Wagner said his firm doesn't want to cause any further harm to former residents of the Nova Scotia Home for Colored Children after all they have gone through to get the combined settlement from the province and the orphanage.

"Despite our belief that we did have some reasonable cause to bring an appeal, we chose in the interest of the residents not to do so," said Wagner.

Wagner had proposed that his firm receive \$6.6 million from the settlement, citing the amount of time and labour it took to secure the settlement after 16 years.

But Judge Arthur LeBlanc of the Nova Scotia Supreme Court instead awarded his firm \$5.78 million in a decision Thursday.

Wagner said as a result, his firm would absorb \$300,000



Halifax lawyer Ray Wagner
METRO

to \$400,000 in costs for expert reports that the original claimants in the class-action lawsuit would have had to pay under the court decision.

"I'll pay the lion's share of that personally," he said.

Wagner has said as many as 400 people are eligible for the payments.

THE CANADIAN PRESS

Pictou County

Fire claims family home, dog

A mother and daughter in Pictou County have lost their home and their dog in a fire.

Jack Ross, fire chief for Alma, said when his firefighters arrived at the scene on Friday, the home on White Hill Road was fully engulfed in flames.

Westville Fire Department was called in to assist and both departments remained on the scene for about two hours.

Neither woman nor her daughter were home at the time.

Ross said the department is currently in the process of helping the family get in touch with the Canadian Red Cross for assistance. He said nothing could be saved from the fire.

NEW GLASGOW NEWS



Fire scene. NEW GLASGOW NEWS

Cleveland

Fatal crash in Cape Breton

A 42-year-old man is dead after a crash in Cape Breton on the weekend.

Police say a truck ended up on its roof off County Line Road in the community of Cleveland at about 2:30 a.m. Sunday.

The driver, 42-year-old Shane Michael Sampson of Louisdale, was ejected from the vehicle and pronounced dead on the scene. METRO

Alleged confinement

Three charged in Dartmouth

Two men and a woman are facing multiple charges after two people in Dartmouth were allegedly held against their will last week.

Police say the people involved knew each other.

Ryan Harvey Lyman, 35, of Gaetz Brook, 36-year-old Nicholas Duncan McCabe of Halifax and 22-year-old Maryssa Danielle Poirier of Dartmouth are charged.

METRO

**SEE NOW
PAY IN 2016[†]**

\$0 / \$0 / 0%

down payments interest

Starting at \$490 per eye*

Book a free consultation at
1-866-999-0435 or lasikmd.com

[†]Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Entire continent's image, economy affected by fears of Ebola outbreak

Feeds into false ideas, fears. 'It speaks to a whole discourse about the danger of Africa,' says African studies prof

In the United States, some parents fearful of deadly Ebola pulled children out of a school after the principal returned from Zambia, an African nation far from the area hit by the disease. In Geneva, a top UN official warned against anti-African discrimination fuelled by fears of Ebola.

The disease has ravaged a small part of Africa, but the international image of the whole continent is increasingly under siege.

Guinea, Liberia and Sierra Leone — the African countries afflicted by the Ebola outbreak — have a combined population of about 22 million on a continent with more than 1 billion people.

Their corner of West Africa encompasses an area the size of California, or almost as big as Morocco. Yet the epidemic feeds into a narrative of disaster on a continent of 54 countries that has seen some progress in past years, and false perceptions of Ebola's reach are hurting African business distant from the affected areas.

"It speaks to a whole discourse about the danger of Africa," said Michael Jennings, a



In this August file photo, a Nigerian health official uses a thermometer on a worker at the arrivals hall of Murtala Muhammed International Airport in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

senior lecturer in international development at the School of Oriental and African Studies in London.

He cited the recent decision of a British school to postpone a visit by a teacher from the West African country of Ghana after parents expressed concern about the Ebola virus. Ghana does not border the hard-hit nations and has not reported any cases of the disease.

Africa has had a troubled image. Famine in Ethiopia, chaos in Somalia and genocide in Rwanda drove the idea of a continent in perpetual crisis. In

recent years, an end to a number of wars and ensuing stability and growth pointed to a turnaround that some enthusiasts dubbed "Africa Rising."

Now the economic impact of Ebola fears is being felt in many parts of Africa. Hotels, tourism operators and conference organizers are recording increasing cancellations.

Thirty international buyers pulled out of an annual tourism expo that began Thursday in Zimbabwe's resort town of Victoria Falls, said Karikoga Kaseke, the national tourism agency chief. He said business

travellers from China and Malaysia were among those who recently cancelled trips, and Jamaican musicians have also skipped Zimbabwean shows.

The southern African country is more than 4,800 kilometres from Ebola-hit Liberia, or about twice the distance between London and Moscow.

In the U.S. state of Mississippi, a middle school principal has taken a week of vacation in an attempt to allay parents' fears about Ebola.

He had returned from a trip to Zambia, another southern African nation without any re-

ported Ebola cases.

In Pennsylvania, two high school soccer coaches resigned last week after their players hurled Ebola taunts at an opponent from West Africa.

Soccer players on Sierra Leone's national team have been treated as Ebola risks in African Cup qualifying games even though none of the squad lives in Sierra Leone. Opponents have sometimes refused to shake the hands of the Sierra Leoneans or swap shirts — a soccer tradition after a game — because of fears of catching the deadly virus. **THE ASSOCIATED PRESS**

Fighting the outbreak

800 vials of vaccine to start shipping

The federal government says Canada will start shipping its experimental Ebola vaccine to the World Health Organization on Monday.

The government says in a release the Public Health Agency of Canada is supplying the vaccine to the UN body in Geneva in its role as the international co-ordinating body for the Ebola outbreak in West Africa. It says Canada will ship 800 vials of its experimental vaccine in three separate shipments, as a precautionary measure.

The WHO will consult with its partners, including the health authorities from the affected countries, to determine how best to distribute and use the vaccine. For instance, it must take into account concerns about using an experimental vaccine in people. The government announced last month that clinical trials had started in the United States on a Canadian-made Ebola vaccine, with results expected in December.

THE CANADIAN PRESS



Change your life and the lives of others.

Become a Disability Support Worker!

Train how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

Take our Diverse Ability and Support Worker program and finish in less than a year!

NOW ENROLLING FOR NOVEMBER

Call or Click Today

463-6700 maritimebusinesscollege.com

U.S. officials announce updates to protocols, new team to aid doctors

Revised guidance for health-care workers treating Ebola patients will include using protective gear "with no skin showing," a top federal health official said Sunday, and the Pentagon announced it was forming a team to assist medical staff in the U.S., if needed.

Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases, said those caring for an Ebola patient at Texas Health Presbyterian Hospital in Dallas were left vulnerable because some of their skin was exposed.

The federal Centers for Disease Control and Prevention is working on revisions to safety protocols. Earlier ones, Fauci said, were based on a World Health Organization model in which care was given in more



A health-care professional shows how to use Personal Protective Equipment at a Toronto hospital. CHRIS YOUNG/THE CANADIAN PRESS

remote places, often outdoors, and without intensive training for health workers.

On Sunday, the Pentagon announced that Defence Secretary Chuck Hagel had ordered the formation of a 30-person support team from across the services to assist civilian medical professionals in the U.S. if

needed to treat Ebola.

The team is to be formed by Northern Command Commander, Gen. Chuck Jacoby, and is to consist of 20 critical care nurses, five doctors trained in infectious disease and five trainers in infectious disease protocols. Once formed, the team will undergo up to a week of specialized training in infection control and personal protective equipment in San Antonio, Texas, then remain in "prepare to deploy" status for 30 days.

The team would not be sent to West Africa or other overseas locations, and would "be called upon domestically only if deemed prudent by our public health professionals," Pentagon press secretary Rear Adm. John Kirby said. **THE ASSOCIATED PRESS**



Alberta government won't cull elk population

A large bull elk sits in the snow by the side of the Alaska Highway near Whitehorse in March 2007. Ranchers and community leaders say the growing elk herd at CFB Suffield in southeast Alberta jump fences to eat, trample private crops and that hunting alone will not reduce the herd to a manageable size. Community members submitted a draft proposal to the province in July that calls for humanely capturing about 1,500 elk each year, moving the animals to an elk farm and slaughtering them over time at a provincially approved abattoir. But Environment Minister Kyle Fawcett said the government is concerned about the cost of the proposal, and suggested it would also be challenging to get the federal government to approve a plan that would involve access to a military base with security concerns. **CHUCK STOODY/THE CANADIAN PRESS**

Trudeau's candid new memoir spills ink on parents' divorce

Justin Trudeau projects the image of a self-assured, impeccably turned-out, celebrity heartthrob. But it wasn't always that way.

By the Liberal leader's own account, he was an awkward, insecure, pimply-faced youth who was traumatized by his parents' very public split and his mother's mental illness, an indifferent student who struggled in the shadow of his famous father to find his own metier.

That's the picture the 42-year-old Trudeau paints of his youthful self in a new memoir, which goes on sale Monday.

Although clearly timed to boost Liberal prospects exactly one year before the next scheduled federal election, Common Ground does not reveal any new specifics about the leader's still-sketchy plans for Canada.

Quoted

"The truth is, my mother was very ill. Had her illness been of the physical kind, everybody — including her family and friends — would have been more sympathetic to her and understanding of her condition."

Justin Trudeau on Margaret Trudeau's struggle with bipolar disorder during his childhood

It does, however, disclose in surprisingly frank detail some key life experiences that have shaped the man he is today.

The first of three sons born to then-prime minister Pierre Trudeau and his wife, Margaret, Justin Trudeau has fond

memories of both his parents and growing up in privileged circumstances at 24 Sussex Dr.

But he also recalls "a succession of painful emotional snapshots" that accompanied their breakup when he was only eight: escaping into Archie comic books when his parents were yelling at each other, his mother moving out of the prime ministerial residence, reading the lurid newspaper headlines about the separation and the wild antics of the newly free Margaret.

Among other things, he says his mother's lifelong struggle with bipolar disorder made life in the public eye "difficult, even intolerable" for her and was a big factor in the marriage's disintegration, although the stigma attached to mental illness meant it was rarely mentioned at the time. **THE CANADIAN PRESS**

Public Health Association is calling on the federal government to assess any actions taken as a result of previous inquiries, reports and investigations into missing and murdered native women.

It also urges the Conservatives to heed a call from the World Health Organization

to develop and implement an integrated action plan for violence prevention that addresses its root causes.

Those efforts should be led by First Nations, Inuit and Metis partners and engage all levels of government and civil society, the association says. **THE CANADIAN PRESS**

Stranded Russian cargo ship towed by tug to B.C. coast

Simushir. Ship carrying hundreds of tonnes of fuel was in danger of running aground, causing massive spill

The stricken Russian container ship Simushir was under tow again Sunday off the north coast of British Columbia.

The Canadian Forces' joint rescue co-ordination centre in Victoria said the ocean-going American tug boat Barbara Foss had a secure line attached to the ship.

Spokeswoman Acting Sub Lt. Melissa Kia said the owners of the Russian vessel plan to have it taken to Prince Rupert.

Kia said the winds and seas have calmed significantly since Saturday, and at their current speed of seven nautical miles per hour the ships was expected to reach port late Sunday.

The Canadian Coast Guard vessel Sir Wilfrid Laurier and the U.S. Coast Guard vessel Spar were providing escort service.

A mechanical failure left the Simushir drifting in heavy seas Thursday night, sparking fears it could run aground and spill hundreds of tonnes of fuel along the pristine shores of Haida Gwaii, also known as the Queen Charlotte Islands.

A Canadian Coast Guard vessel tried towing Simushir Saturday, but the tether kept breaking.

Kia said there have been no such problems since the big-

ger and better equipped tug took over. **THE CANADIAN PRESS**

About the ship

The Simushir, which is 135 metres long, was carrying "a range of hydrocarbons, mining materials and other related chemicals," said acting Sub. Lt. Ron MacDougall of the joint rescue co-ordination centre.

- Also on the ship were more than 400 tonnes of bunker oil and 50 tonnes of diesel.

- The ship had 11 crew members on board, though the captain was injured and had been removed by helicopter.

UNB

EST. 1785

UNIVERSITY OF NEW BRUNSWICK • FREDERICTON

PARENT-STUDENT NIGHT

ENTER TO WIN A

\$2,500

TUITION CREDIT

a MacBook Air, or an iPad mini!

The University of New Brunswick Fredericton is coming to Halifax.

WEDNESDAY, OCTOBER 22, 2014

RAMADA PLAZA DARTMOUTH, 7PM

- Explore program and career options
- Learn valuable information about scholarships and financial aid
- Talk to our recruiters
- Find out what university life is like
- Bring your application – apply on the spot!

DISCOVER YOUR FUTURE AT UNB FREDERICTON

For more details, visit
go.unb.ca/parentnightFr

possibilities, culture, friendship, support, careers, life unlimited.

Missing aboriginal women

Canadian Public Health Association joins call for inquiry

In a statement to be released publicly on Monday on its website cpha.ca, the Canadian

Nepal officials shut walking trails, set out on additional rescue efforts

Fatal blizzard. With at least 38 confirmed dead, rescuers returned to the popular hiking route to ensure trekkers' safety

Nepalese authorities closed a section of a popular Himalayan trekking route Sunday after rescuers, overwhelmed with last week's snowstorms that killed at least 38 people — including four Canadians — had to save new hikers who set out on the same trails.

Those who lost their lives in the blizzards and avalanches that hit the upper section of the Annapurna trekking circuit in northern Nepal included foreign trekkers, local guides and villagers. Many of the hundreds who had been stuck in the snow have been brought to safety, while government of-



An injured avalanche victim from Israel hugs a friend after boarding an ambulance to head home at Ciwec Clinic in Katmandu, Nepal, on Saturday. Rescue helicopters spotted nine more bodies Saturday on a trail in northern Nepal, bringing the death toll to 38 from last week's snowstorms. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

ficial Yama Bahadur Chokhyal said rescue helicopters were winding down flights.

But as the weather cleared, new hikers began making their

way up the same trails, prompting the government to close the route, Chokhyal said. In some sections, the trails were completely hidden beneath the

accumulated snow.

"Our rescuers and helicopters ended up having to bring down these new people while we were still trying to reach the

ones who were stranded by the blizzard," he said.

"It was burdening and confusing the rescuers," he said.

The snowstorms were

Snowstorm victims

About 25 bodies have been identified from among those killed in Nepal's blizzard.

- **Confirmed deaths.** Of those identified, eight were Nepalese, with others from Canada, India, Israel, Slovakia, Poland and Japan.
- **Canadian casualties.** The names of the Canadians have not been made public, but a Quebec-based tour guide operator said a group of Quebecers were taking part in the trek.

caused by the tail end of a cyclone that struck the Indian coast days earlier.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

HEARING TEST SET FOR SENIORS



Everyone over 50 should have a proper Audiometric Hearing Screening at least once a year. Our Licensed and Board Certified Hearing Instrument Practitioners and Certified Audiologists will screen your hearing, explain your test results, and provide you with straightforward answers and solutions in cases where hearing loss is discovered.

Belton
Helping the world hear better



**CALL TODAY TO BOOK YOUR
RISK FREE TEST & DEMO!**

LIKE US ON FACEBOOK

Call **902-422-4327** or toll free **1-800-565-3494**
and find out how Better Hearing
Can Improve Your Quality of Life!

VAC HEALTH IDENTIFICATION CARDS ACCEPTED. WCB APPROVED SERVICE PROVIDER. FINANCING AVAILABLE OAC.
IN HOME APPOINTMENTS AVAILABLE. WRITTEN AUDIOMETRIC REPORTS AVAILABLE. FEE APPLIES.

Rising tension. Leaflets lead to North-South Korea gunfire exchange

Troops from the rival Koreas exchanged gunfire Sunday along their heavily fortified border in the second such shooting in less than 10 days, South Korean officials said. There were no reports of injuries or property damage, but the 10 minutes of shooting highlighted rising tensions between the countries.

The Koreas' first exchange of gunfire came after North Korea opened fire at balloons carrying anti-Pyongyang leaflets that were floating across the border from the South. Sunday's shootout began after North Korea sent soldiers close to the border line. The move was an attempt by the North to increase worries in the South about what might happen if

leafleting continues, analysts say.

South Korean activist groups, mostly made up of North Korean defectors, have been staunch in their vows to continue sending the leaflets, which Pyongyang considers propaganda warfare; one group says it intended to float about 50,000 on Saturday. North Korea has warned it will take unspecified stronger measures if leafleting continues.

The Korean Peninsula remains in a technical state of war because the 1950-53 Korean War ended with an armistice, not a peace treaty. About 28,500 U.S. troops are stationed in South Korea.

THE ASSOCIATED PRESS



In this Sept 17, 2014, file photo, two South Korean soldiers stand guard at a military checkpoint at the Imjingak Pavilion near the village of Panmunjom, which has separated the countries since the Korean War. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Human remains

Body may belong to missing student

Searchers found human remains that could be those of a British-born University of Virginia student who has been missing since Sept. 13, police said.

Further tests are needed to confirm that the remains are Hannah Graham's, Charlottesville Police Chief Tim Longo told a news conference Saturday. Jesse Leroy Matthew Jr., 32, has been charged with abduction with intent to defile Graham. THE ASSOCIATED PRESS

South Africa

Convicted killer dies in prison

The man convicted of the murder of a woman killed on her honeymoon in Cape Town has died, South Africa's Department of Correctional Services said.

Xolile Mngeni, convicted for the murder in 2010 of Anni Dewani, died in a hospital unit of a Cape Town prison. Prosecutors argue the woman's husband, Shrien Dewani, conspired with Mngeni and two others to kill his wife.

THE ASSOCIATED PRESS

Microsoft mines a piece of the gaming action



HOW TO ROLL
Alison Griffiths
investing@metronews.ca

What has 11 million likes and nearly 95,000 people interacting on Facebook? That would be Minecraft.

Okay, perhaps the numbers pale compared to those on the pages of Shakira, Coca-Cola and the late Bob Marley (who says death is the end of life?). And granted, Minecraft isn't in the same league as the insanely popular online game League of Nations, with more than 20 per cent of worldwide game-playing time.

Minecraft attracts just over 2.6 per cent of gamers at any

given time. But the numbers are impressive considering that the majority of those playing this Lego-like game aren't on Facebook and belong to a cohort still under the thumb of parental oversight.

This is what attracted the attention of Microsoft and convinced it to shell out \$2.5 billion earlier this month to purchase Mojang, the maker of Minecraft.

Big companies have been buying smaller ones ever since one fish ate another. But this purchase signals a shift in the gaming industry.

In the tech sphere, acquisitions most often happen to gain expertise, technology, access to users or the ability to connect a product with proprietary plat-

forms. Rarely do tech acquisitions happen for profits alone.

But the Mojang purchase offers all of the above to Microsoft. The old-fart behemoth suddenly owns a mountain of young users and the expertise needed to continue to attract them. Minecraft is one of the few games available on all major devices. And miraculously, Mojang is profitable with real and growing revenues.

Minecraft believers can buy into the technology by investing in Microsoft. The downside is you are purchasing dozens of other non-game divisions including decliners such as desktop computing. On the other hand, such diversification is far less risky than buying a one-product stock.



Wallets lighten up during festival of lights

An Indian woman looks at jewelry as people throng a market for shopping on the last Sunday ahead of the Diwali festival in Ahmadabad, India. Diwali, an ancient Hindu festival known as the festival of lights, will be celebrated on Thursday.

AJIT SOLANKI/THE ASSOCIATED PRESS

Intelligence agency links cash to Islamic militants

Canada's financial intelligence agency says it is actively helping police and spies follow the money flowing into the coffers of Islamic extremists fighting overseas.

The Ottawa-based Financial Transactions and Reports Analysis Centre of Canada, known as FinTRAC, has passed along

information to investigators as part of the government's effort to combat the Islamic State of Iraq and al-Sham (ISIS), says centre director Gerald Cossette.

Many Canadians have never heard of the centre, which keeps a relatively low profile compared with other national security agencies.

The agency's access to information about banking and financial transactions allows it to see links between people and groups in Canada and abroad that support terrorist activities — including radicalized Canadians bent on waging guerrilla-style war in strife-ridden Iraq and Syria. **THE CANADIAN PRESS**

METRO CUSTOM PUBLISHING



CONTRIBUTED

New digs for the Hot Dog Guy

For hot dog aficionados, the only place to go for a top dog is at 2854 Robie St. (in front of the Piercey's building). Here, you'll find Steve the Hot Dog Guy, a business that has been serving fantastic franks since 2004.

The business offers jumbo hot dogs, chicken dogs, chili dogs, veggie dogs and an assortment of sausages at great prices. Better yet, customers have 25 toppings to choose from, including the staples you'd expect, plus more exotic ones like Thai sauce, Sriracha sauce, sauerkraut, and olives. To drink, there are 16 different types of pop, juice, and water available.

The secret to a delicious dog is how they are

cooked. Owner Steve Smith slow cooks them in water and when they are ordered, he cooks them on the grill for a couple of minutes.

"This helps lock the juices in and keep them plump," says Smith.

All of these factors turn the ordinary hot dog into an extraordinary one.

The business is open from 10:30 a.m. to 3:15 p.m., Monday to Saturday — weather permitting — from late March to Christmas.

With the redevelopment of the Piercey's property, Steve will be operating from a new concession trailer at the corner of Young and Windsor streets in early November, at the rear parking lot of the Halifax Forum.

STEVE'S MOVING!

LOOK FOR HIS NEW LOCATION AT THE HALIFAX FORUM.

Enjoy one last Hotdog at his 2854 Robie Street - Pierceys location

Monday to Saturday 10:30am to 3:15pm



New Website Coming Soon:
steveshotdogstand.ca

WHEN A PLAYER STRAYS FROM THE HERD

The Halifax Mooseheads should have known.

On Tuesday, Oct. 7, at 10:50 p.m., Halifax Regional Police responded to an accident on Freshwater Trail near Dartmouth's Russell Lake. A car had smashed into a parked vehicle, causing extensive damage. Sources say an open bottle of alcohol was found in the car, and police charged a young man they arrested at the scene with impaired driving.

That young man was Brandon Vuic, a 19-year-old forward with the Quebec Major Junior Hockey League's Mooseheads. Three days later, on Oct. 10, the team played the first of three back-to-back holiday weekend games at Scotiabank Centre. Vuic was listed simply as a "healthy scratch."

But up in the stands where I watch the games, the gossip mills churned. There were questions on social media. Halifax is a small town.

Despite that, the Mooseheads played two more road games that weekend, conceding nothing beyond bland "disciplinary rea-



URBAN COMPASS

Stephen Kimber

halifax@metronews.ca

sons for off-ice behaviour" to explain Vuic's continued absence.

It wasn't until the holiday Monday, after Metro Halifax journalists Kristen Lipscombe and Philip Croucher had pieced together the shards and confronted Mooseheads general manager Cam Russell, that the team — unhappily, reluctantly — confirmed the story.

The Mooseheads should have known.

The team has built an enviable brand as a first-class organization on and off the ice. In part, it's accomplished that by making its two dozen players more than just hockey players.

The team has elevated these teenaged boy-men — this year hailing from three different countries and five Canadian provinces, and mostly living with billets far from their own families — into role models. They visit sick kids in hospital, participate in charity events and sign autographs, all the while training and playing hockey like the

'Disciplinary reasons for off-ice behaviour'

For the most part, they play their public personas to perfection. But they are still teenagers and, inevitably, a few will make bad decisions and end up in public difficulties team management can't simply ignore away.

pros, not to forget juggling the ordinary hero-at-home demands of school and life, and growing up.

For the most part, they play their public personas to perfection. But they are also still teenagers and, inevitably, a few will make bad decisions and end up in public difficulties team management can't simply ignore away.

Now that the story is out there, the Mooseheads are belatedly dealing openly with the professional and personal fallout.

But it shouldn't have come to that. The Mooseheads should have known better.

Metro Bitstrips caption contest

Today's winner:
Michele Benefield



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips

WE ACT: CANADA DOES GOOD

B.C. youth finds courage to pursue passions, even live on Mars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Paige Hunter, youngest candidate in the Mars One Project, New Westminster, B.C.

What: Motivating youth as a We Day speaker to be authentic in the pursuit of their dreams.

Why: When one is confident, no dream is too unrealistic — even living on another planet.

Changing the course of history can come from one small decision. For 19-year-old Hunter, deciding to sign up for the Mars One Project was a no-brainer — she saw it as a chance for adventure and possibly finding new territory for the human race to inhabit.

While the idea may sound far-fetched to some, Hunter says it is essential that youth follow their dreams, no matter how outlandish. At We Day Vancouver on Oct. 22 at the Rogers Arena, she'll explain how her passion, confidence and decision-making landed her as the youngest person on the list to travel to

The importance of confidence

"Confidence comes from being genuine and I think people who are insecure are trying to be something that they're not. Be unapologetically you — it's the best way to be." Paige Hunter, 19

the red planet.

How will you relate being on the Mars One list to youth at We Day? "I'll be speaking about my very real, personal experiences to demonstrate that it's 100 per cent possible for me and anyone to achieve what they think is important and pursue any injustice in the world. I think it's really important for youth to understand there's no magic formula to make opportunities happen — of course a bit of luck is involved — but it's what a person does in their day-to-day life and all those little decisions made daily that add up to a bigger experience."

CRAIG AND MARC KIELBURGER



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Scene and page 25 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



Ebooks



Choose Your Own Autobiography

By: Neil Patrick Harris

Kindle/iBooks/Kobo

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

By recounting his life as a game book filled with multiple paths and endings, NPH takes you for a roaringly funny time through cocktail recipes, boyfriend scribbles, geeky magic tricks, and celebrity interruptions. The intimate details are still there, just playfully told for your entertainment.

Box office

Fury rolls right over Gone Girl

The Second World War drama *Fury* blew past *Gone Girl* at theatres this weekend. *Gone Girl* was tops for two weeks before Brad Pitt and his ragtag tank mates in *Fury* blasted the film to second place. *Fury* captured \$23.5 million in ticket sales during its opening weekend, according to studio estimates Sunday. *Gone Girl* followed with \$17.8 million. **THE ASSOCIATED PRESS**

Meghan Trainor is bringing booty back to the big time

All About That Bass.

Singer's playful pop anthem rocks bottoms to the top of charts

PAT HEALY

Metro in Boston

Meghan Trainor is speechless, and it's not because her song *All About That Bass* has been dominating the Billboard Hot 100 chart for weeks.

She's speechless because she's been singing the song so much that she blew her voice out. We were supposed to talk about Bass on the phone with Trainor, but her doctor made her go on strict vocal rest and cancel all interviews and performances until she got her voice back. So we emailed the Nantucket-born and raised singer, and she seemed happy to answer our questions that way.

Congratulations on another week at No. 1. More than 130 million people have viewed *All About That Bass* online. Were you prepared for this song to be this huge a hit? What's the biggest adjustment in having a song that everybody knows?

I was not prepared at all. Never thought it would be this huge. It's unbelievable, though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.



Meghan Trainor SARAH MCCOLGAN

The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about "skinny bitches" and how even people who could be characterized as such probably also think they're fat? I have plenty of skinny beautiful friends that people

would assume are confident "bitches" but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size and I'm glad most people can relate and see I didn't set out to shame skinny people.

And now I have a few less serious questions about that song: Did your mama really

tell you that "boys like a little more booty to hold at night"? I'd like to know a little bit more about the context of that conversation.

She always tells me "don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

I had read somewhere that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college. How did that conversation go, or was it just understood right from the beginning of your music career?

It was always understood. I got a (songwriting) publishing deal when I was 18 years old, so I was still in high school. Yes, I applied to college and got in but my father said, "You will learn way more by doing it than going to school to learn about it."

The music on most of the songs from your EP, *Title*, seems rooted in both doo-wop and hip-hop. What kind of music did you grow up with in the house?

I grew up listening to soul/R&B/funk/'50s. So all over the place! I didn't know who The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

You paraphrase Justin Timberlake's *Sexyback* in Bass when you sing the line, "I'm bringing booty back." Have you heard from JT?

Only in my dreams. But yeah, I'm still waiting for that shout-out!

TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Nick Jonas Jealous
- 5 Tove Lo Habits (Stay High)
- 4 Jessie J, Ariana Grande & Nicki Minaj Bang Bang
- 3 Jeremih ft YG Don't Tell 'em
- 2 Meghan Trainor All About That Bass
- 1 Taylor Swift Shake It Off

1013TheBOUNCE

PAY\$ your BILLS

1013TheBOUNCE.com | Info@1013thebounce.com

Love what you see? Win it!

For a chance to win what you see: Mention #LoveJennifersNS in a tweet. Write it on our Facebook page. Or bring this ad into the store.

Jennifer's of Nova Scotia Proudly supporting local artisans for over 35 Years

www.jennifers.ns.ca 902 425 3119

5635 Spring Garden Road, close to the Public Gardens

Draw will take place on October 24th, 2014

With different draws each week till Dec 1, there are lots of chances to win -Good Luck-

A mug with it's own personality!

2 SCENE



RBC Royal Bank

With \$25 a week,
GROW your children's
education fund into
\$50,000*

\$50,911*
18 years

\$29,308*
12 years

\$11,623*
6 years

Get started with an RBC® RESP.

Learn more at rbc.com/graduate
or call 1-855-235-9452



metro

14

SCENE

metronews.ca
Monday, October 20, 2014

Tolman's streak of pluck runs out as Fargo's Molly

Beloved character. Series run is up for actress who loved her first TV role as much as fans took to the part she played

Allison Tolman says it feels "bittersweet" to not be returning to FX's Fargo.

Her plucky performance as Det. Molly Solverson won her hordes of fans and an Emmy nomination. But the second season will be set in the past, meaning Tolman won't be back.

"I'm so sad to not be going back with them because it was such an incredible, golden time for me,"

said Tolman in a telephone interview. Showrunner Noah Hawley has admitted it's a "crime

and a tragedy" to let go of Tolman, a previously unknown actress whose Molly quickly won the hearts of fans and critics. But he said it would be "disingenuous" to give her character another wild, Coen brothers-esque case to solve, so he decided to set Season 2 in 1979.

"I got my butt to L.A. pretty fast as soon as I



Allison Tolman as Molly Solverson in the show Fargo. CHRIS LARGE/FX

found that out," said Tolman with a laugh. "I certainly didn't want to squander this awesome opportunity that I was afforded by landing this role ... It feels like a lot of responsibility. There's a big potential for a sophomore slump."

Season 1 of Fargo is available on DVD and Blu-ray now. The 10-episode story followed Molly and another officer, Gus Grimly, as they tried to solve a series of murders linked to hapless insurance salesman Lester Nygaard and violent criminal Lorne Malvo.

Tolman, 32, had been temping as a receptionist at a consulting firm when she auditioned for Molly. She had moved to Chicago from Dallas about five years earlier to study at Second City's famed comedy program.

She felt the chances of her

landing the Fargo role were "far-fetched," but she threw in a tape anyway. Tolman didn't even tell her family and friends that she made it through callbacks. When Hawley finally phoned her to tell her she had won the part, she was "stunned."

Tolman had been working as an actress for years, whether in theatre or commercials, or improv and sketch comedy. But Fargo marked her first television series.

Tolman said she didn't realize how instrumental her character would be in the storytelling until she received the script for episode two. She also didn't anticipate how beloved Molly would be among fans and critics.

"I was mostly concerned with the show being well-received and well-loved, so I didn't really think about this character and what that meant for me. So it was really awesome to watch people take to her so fondly and in turn take to me so fondly for bringing this character to life," she said. **THE CANADIAN PRESS**

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / TM RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

Getting to know Sarah Gadon

Dracula Untold.

Canadian talks about her studies at University of Toronto, working on big films

MATT PRIGGE

Metro World News in New York

Where you've seen her:

A performer on TV and film since she was a kid, the Canadian-born actress has appeared in three David Cronenberg films, including *Cosmopolis* and *Maps to the Stars*. Gadon also played the second Jake Gyllenhaal's pregnant wife in *Enemy*.

Where she is now:

She plays the goodly wife of Vlad III Tepes, a.k.a. Vlad the Impaler, in the origin story/reboot *Dracula Untold*.

Where she's going:

Gadon will play Queen Elizabeth II as a young princess in *Girls' Night Out* and appear in the thriller *The 9th Life of Louis Drax*, with Aaron Paul.

Which Dracula she loves the most:

"I grew up with Bram Stoker's *Dracula*, the Coppola version," Gadon says, citing that *Untold* essentially stretches out its first 10 minutes into a feature-length film. She was also a total *Buffy the Vampire Slayer* head growing up.

Why vampires never die (as an art form):

"We return time and again



Scan this photo with your Metro News app to watch a video of Sarah Gadon talking about her character in *Dracula Untold*, which opened last Friday. CONTRIBUTED

to vampires as a metaphor. It touches on basic human themes of love and death and struggle. It's a great catalyst to explore these ideas."

What *Dracula Untold* does to the series:

"Each version of the story speaks to its specific time. Our film is no exception. It's taking the *Dracula* story and putting a contemporary Hollywood stamp on it. It's using every special effect in modern technical filmmaking to add this visual element, putting it on the compelling esthetic for which *Dracula* is so well known."

Graduating to giant productions after smaller films:

"I thought it was going to be hugely different, but at the end of the day it was like any film I'd ever done. You find

a connection with another actor and everything in the background just fades away."

Gadon is also pursuing a degree in cinema studies at University of Toronto, with a few credits left. What she loves about it:

"I love semiotics. I love psychoanalysis and how it pertains to film theory. I'm a big fan of Italian neorealism."

How academia helps her acting:

"I think when you have a film degree it helps you speak the same language as your director. It's easier to understand the visual references, the visual impact they're trying to make. That's important in character development. If you don't know the kind of film you're going to be in, it impacts the world you're creating."

WATCH VISIONTV & WIN



WATCH MURDER SHE WROTE & COLUMBO AND WIN A TRIP FOR 2 TO "INVESTIGATE" AMERICA!

Weekdays at 8 & 9PM AST

Answer the daily case question and enter to win a 4-night trip for 2 to Boston from Flight Centre

visiontv.ca/investigateamerica

Bell Aliant 64 | Eastlink 123
Bell Satellite 261 or check your local listings



FLIGHT CENTRE®
The Airfare Experts

Avatar Secrets

Episode 5: Perception

Back in New York, Ramona feels the pull of nostalgia, and, against her better judgment, she calls Blake, her ex-boyfriend. For a moment, it seems perfect. But it's not real. "The digital is real, and what we're doing face-to-face is often quite virtual," says Nathan Jurgenson, a sociologist and co-founder of Cyborgology. Scan this photo for a video of Jurgenson talking about digital dualism.



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarssecrets over the next few days as we post daily chapters from *Avatar Secrets*.



- Collector cards. You can also download 10 collector cards from the series!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hugh puts the Cleaver into reprising Bridget Jones character



STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Grant will not be in the third Bridget Jones film. But he promises he will join everyone else in not watching the movie.

Megan Fox says she has "lived many past lives" with husband Brian Austin Green. Megan, sweetie, you have not. It just seems like it when he asks for his allowance for the 70th time.



This week in Peculiar Occurrences: 1) Esquire's sexiest woman alive, Penelope Cruz refuses to talk about pretty much everything in her interview with the magazine. 2) Idiots who spent \$20,000 on Hermes Birkin bags are now returning the bags claiming

they smell of weed. 3) Harry Styles is observed exiting his car for the purpose of vomiting. 4) Amal Alamuddin takes new husband George Clooney's name.

Reese Witherspoon thinks last year's arrest for DUI "showed I have a complexity that people didn't know about." After she finishes stalking Miley Cyrus and shoplifting at the zoo, she hopes that we'll know her completely.

Chelsea Handler says that being friends with Jennifer Aniston is a "real burden" because of the constant wedding questions. "Well," says Jennifer, "the planning just got so much easier now that I don't have to worry about finding someone willing to sit next to Chelsea Handler."

You're going to feel like a jerk for dissing Bono's shades



We've been making fun of Bono's ever-present massive sunglasses for two decades now, but it turns out we're all jerks. When asked by Graham Norton during an interview if he ever takes his trademark shades off, the U2 front-man offered this comedy-killing explanation: "This is a good place to explain to people that I've had glaucoma for the last 20 years." Don't you feel terrible now? But while glaucoma can lead to blindness if not treated, Bono's going to be just fine. "I have good treatments and I am going to be fine," he said. But we can still make fun of him for the whole forcing an album on all iTunes users thing, right?

Twitter



@katyperry

I love when I meet a person so smart they short circuit during their conversation



@lenadunham

You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?



@RebelWilson

Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

The Law of Jude: Exes must part with a baby

You probably didn't have any doubts about Jude Law's virility, but just in case, the Sherlock Holmes star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship," they "are both wholeheartedly committed to raising

their child." If this all sounds familiar, it's because Law had his current youngest child, five-year-old Sophia, under similar circumstances, announcing that ex-Samantha Burke was expecting after they'd split up. He also has two children with ex-wife Sadie Frost. A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.





Dr. van Aardt

Cosmetic Medical & Clinical Skin Care

Look your best.

1-888-421-5011 | drvanaardt.com

Halifax - Bedford - Truro Complimentary consultations.

Stop treating your credit card like a bottomless cookie jar

Debt trap. The only way to truly take control of your life is to stop spending beyond your financial means



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People stop me on the street, in the mall, at the supermarket to ask me if the people who appeared on my TV shows were real and, by the way, how could they ever get themselves into so much debt.

It's easier than most people think.

A credit card is kind of like a bottomless cookie jar. With easy access to credit, there's no reason to wonder when the treats will run out, and you are never disappointed.

Want a new outfit? Just stick it on a credit card. Want dinner with a bunch of friends? Ka-ching, ka-ching. Desperately in need of a sunny vacation to beat the winter blues? There's room on the card and that's just what it's for, right?

When credit became a commodity and lenders started hiking limits and offering incentives to take on more cards, people started behaving like greedy children, gobbling cookies without a thought to the tummy ache that would eventually follow.

Now, Canadians think nothing of spending more than they make every year. Hey grown-ups, before you think to chastise a child for anything,



Sometimes there are cookies in life, sometimes there are not. ISTOCK

think about your own lack of self-control!

How did we get so much credit? All you needed was a nice, shiny credit score and you could have all the credit you wanted.

Do you know that people who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances in full every month? Why? Because they're more profitable customers, so they score

higher.

Do you want to be some company's dream customer, paying gobs of interest and twisting in the wind when the company decides to change the rules of the game? Or do you want to be in charge of your money and your life?

Focusing on your credit score is a trick, a distraction from the real issue: You have to learn to live within your means.

Credit cards only serve you

How did we get into this gigantic mess?

Equifax Canada is predicting that our consumer debt levels will hit \$1.4 trillion in 2014. Here's why:

1 People are paying only the minimum required on their credit cards. Those tiny payments are easy to work into their cash flow and, since people are loathe to add up what they actually owe, make people feel their debt is manageable. Ditto the debt on lines of credit.

2 We simply don't understand or won't accept the fact that all that consumer debt is "callable." That means, at the bank's whim, you can be asked to repay what you owe in its totality and, if you can't, you'll be sent to collections immediately. When you warn people of that, they say things like, "Oh, the bank would never do that." Yes, they would.

3 Folks won't live within their means. All that keeping up is going to end up costing a lot of them their financial security — something far more important than snappy shoes or the latest toy. For the people who would rather have granite countertops than a six-month emergency fund, it is only a matter of time before all that debt catches up with them.

4 Our net worth has grown and we keep being told that all the debt we have is OK because, hey, look at how much we have in assets. Here's the problem with that argument. Let the stock market change direction, or let the real estate market see a correction, and you'll watch your net worth plummet. The debt? Well, it's here to stay. As solid as concrete tied around your neck, that debt is going nowhere.

when you have the power. Give the power to the creditor and you're a puppet, jumping and twitching. So, do you want to be some credit card company's puppet? Like the feeling of twitching when collectors call? No? OK then, it's time to retake control.

Being in charge means being out of debt. It means paying off your balance in full every single month. It means having only as much credit available as suits your needs.

Living within your means isn't as hard as some people think. Yes, you have to make

choices. And yes, you may have to wait a while before you can take that vacation.

But when you stop treating your cookie jar like it has no bottom and start living within your means, you'll be in charge.

Sometimes there are cookies, and sometimes not. And if there are no cookies for a while, that's not the end of the world. You just have to get busy baking!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3 TIPS



URGENT: EBOLA OUTBREAK

Prevention is the only way to save lives. Your help is urgently needed to stop the spread of this highly contagious disease.

Your donation will help provide life-saving, disease-containment programs, large-scale, public-health promotions and direct support for affected families.

care OXFAM OXFAM Plan Save the Children

HUMANITARIAN COALITION

Together saving more lives

The cost of this ad has been generously donated by:

metro

CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

Money 101. Two couples, one year to make them richer

Building future financial foundations



In only 10 months, our two Metro Money Couples have improved their net worth by more than \$70,000. As we near the end of 2014, it is my mission to send each couple into the future with a rock solid financial plan. – *Lesley-Anne Scorgie*



Anne-Marie and Peter are putting together the next steps for each of their financial goals. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie, Peter and their daughter recently returned from a 10-day holiday in Ireland, followed by Thanksgiving weekend with family in Moncton, N.B. Thanks to their credit card points and a free annual companion flight, the couple was able to reduce their flight expenses to less than \$1,000.

While away, Anne-Marie and Peter stayed with friends and family, further reducing their travel expenses. All in, the well-planned trip cost less than \$1,800 by saving in advance through regular monthly contributions into their high-interest savings account.

Upon their return, Anne-Marie, who is on parental leave, learned her employer plans to lay off up to 3,000 staff in the coming years. She is nervous, but has been assured by her employer that her seniority, high level of education, and bilingual language skills count heavily towards her job security.

Peter returned to much better news from his employer — they are thinking of giving him a sizable raise and promotion that he has been hankering for over the past three years.

This month, our focus was to lay the foundation for Anne-Marie and Peter's five-

Anne-Marie and Peter recap

- | | |
|--|---|
| • Location: Toronto | ted to paying off debt |
| • Ages: 37 and 33 | • Rent or own: Rent |
| • Occupations: Broadcasting and sports editing | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment |
| • Total household income: \$110,000 | • Current net worth: \$105,000 |
| • Life stage: First child arrived in May | • Homework from last month: Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser |
| • Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed | |

year financial plan. Every great financial plan is rooted in the principle of steadily growing net worth each year, while working towards common goals. Thus, I asked Anne-Marie and Peter what their specific goals for the next five years are and when they plan to accomplish them.

The goals were: Attain better life insurance (one year or less); debt freedom (one year or less); get a raise or a different job for Peter (one year or less); expand their family (one to three years); buy a home (three to five years); grow investments to

\$250,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Most notably, Anne-Marie and Peter's investment goals are aggressive, as is their need to save a down payment.

Homework

Over the course of the next month, I will help Anne-Marie and Peter put together the next steps for each of their goals. Their homework is to prepare a high-level, five-year budget that will accommodate their goals.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose would like to save money so their children can afford various activities. SHUTTERSTOCK

Carolina and Jose

Throughout the past month, Carolina and Jose have spent more than usual having fun with friends and performing low-cost home maintenance. They also received partial financial assistance from their condo association for the removal of trees and debris as a result of a freak snowstorm in September.

Between the costs of their social endeavours, home improvements and snowstorm cleanup, they are feeling financially squeezed. It's time for serious frugal living from now until the end of the year.

Thankfully, Jose's salary is up for review later this month, and his company is considering making him the safety manager for his entire division. This potential raise would equate to approximately \$5,000 per year, a significant improvement to the couple's budget.

Now that the couple has officially settled into their new home, and Jose's job continues to improve, they are ready to turn their attention to their eventual retirement. Jose and Carolina have expressed concerns that their student debt is preventing them from being able to save money. But we have found an opportunity within their budget, approximately \$100

Carolina and Jose recap

- | | |
|---|--|
| • Location: Calgary | a budget, purchased a home, are frugal, and have no retirement savings |
| • Ages: 33 and 32 | • Rent or own: Own |
| • Occupations: Stay-at-home mom and roofing | • Top goals for 2014: Pay off debt, buy a house, and visit family |
| • Total household income: \$62,000 | • Current net worth: – \$3,000 |
| • Life stage: Three daughters, aged five, three and one | • Homework from last month: Begin exploring investments |
| • Financial savvy: Medium — they have established | |

per month, that they can use toward building their RRSPs.

As the first step in establishing their financial plan, Jose and Carolina shared the following goals and time frame to accomplish them for the next five years.

The goals were: Establish RRSPs (one year or less); attain life insurance (one year or less); open an RESP for each child (one to two years); afford activities for each child (two to three years); find a part-time job for Carolina (three to five years); debt freedom from student loans and line of credit (five years); get a bigger home (five years); grow investments to \$50,000 (five years); travel (ongoing);

grow income three to four per cent annually (ongoing).

Also of note is that Jose and Carolina would like to save up to take a vacation — just the two of them — for their 10-year wedding anniversary, which is fast approaching. They will need to tuck away approximately \$6,000 to make that dream a reality.

Homework

Similar to Anne-Marie and Peter, Carolina and Jose's homework includes building a five-year budget around their five-year goals, as well as opening up their RRSPs.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELLED.

Do you want your money to earn money?

A) No
B) Yes

Sign up for a Tangerine no-fee daily Chequing Account that pays you interest. Plus, get up to \$120 in \$10 Friday Bonus paydays when you switch over your pay by October 31.*

Visit [Tangerine.ca/Payday](https://www.tangerine.ca/Payday) for details.

It's that simple.



Tangerine.ca

Tangerine is a trademark of The Bank of Nova Scotia used under license. Forward Banking is a registered trademark of Tangerine Bank.* To qualify for the offer, Clients must meet the offer requirements as set out at [Tangerine.ca/Payday](https://www.tangerine.ca/Payday).

Tangerine[™]
Forward Banking

Breaking the ice, one bonbon at a time

Dear Metro,
I just started a great new job about a month ago. I'm loving the work, but I still don't feel like I fit in with the other employees. My team is a tight-knit group who frequently socialize outside the office. And while they haven't been outright rude, they also

haven't made any open efforts to invite me into their fold. How can I crack their circle?

— All By Myself



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear ABM,

Starting at a new office is a lot like starting at a new high school. You're a little nervous, you're wearing a meticulously co-ordinated outfit that you probably purchased earlier that week, and you don't know the way to the washroom. But even if you're having ninth-



Feeling a little left out? Friendships, much like Rome, aren't forged in a day. Take some time to ease your way into the fold with a cheery disposition and a half-dozen doughnuts. ISTOCK



DISCOVER. IMPROVE. ACHIEVE.
We're still enrolling. Contact us today!

Diploma Programs In:

- Business
- Health Care
- Artistry, Design & Makeup
- Information Technology
- Social Sciences & Justice
- Travel & Hospitality



CALL TODAY
1-877-297-0777

grader flashbacks, remember this: You are not in high school.

So while workplace buds definitely make the week more fun, don't think of this as an in-or-out popularity contest. When it comes to forging office friendships, play the long game — not the short-and-frantic game.

You're not going to become president of the water cooler overnight, so just chill. Rather than aiming for group-hug, invite-to-their-wedding acceptance, focus on one or two people with whom you can build a solid bond. Maybe Kyle shares your passion for obscure 1960s baseball statistics. Or Tina has a similar interest in woodcarving. If it seems

you might connect with a particular person, invite them for coffee or shoot them a jokey email. One strong (and genuine) friendship could open the door to the rest of the group.

You should also assess your own attitude. Your first month in new a role is "please love me" time. Not only do you want to prove yourself a hard-working, creative-thinking and generally A+ employee — you also want to prove yourself a likable, not-annoying human being. But these two motives can sometimes work in conflict: try-hards can be turn-offs.

If there's a chance your chilly reception stems from intimidation, show your co-workers that you're on their

team. This might be as simple as smiling more frequently and being more thankful for help. While it's important to make a solid out-of-the-gate impression, ensure you do so as an ally rather than a competitor who wants to trample every teammate, boss, intern, doorman and trash can in your path.

And in cases like this, light bribery is not off-limits. Most people like Timbits. And the people who bring Timbits to work.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

LEARN ONLINE Guided online learning, instructor-led, in a highly supported environment

In just 60 weeks you can become a CARDIOLOGY TECHNOLOGIST

- Accredited by the Canadian Medical Association (CMA) & recognized by the Canadian Society of Cardiology Technologists (CSCT)
- 92% of Stenberg grads find employment in their chosen field within 6 months of program completion
- **LEARN ONLINE** – Guided online learning, instructor-led, in a highly supported environment

You may be eligible for government student loans, grants and bursaries.



"Now that I'm finished and I see what my future is, I wouldn't change anything... I think it was the best decision I ever made." – Darlene K, RCT, Stenberg grad

You are invited to an INFORMATION SESSION
Wednesday October 29th · 7 pm – 9 pm

Delta Halifax (Bluenose Ballroom)
1990 Barrington Street, Halifax, NS, B3J 1P2

All attendees will receive \$500 bursary*
*Cannot be combined with other bursaries.

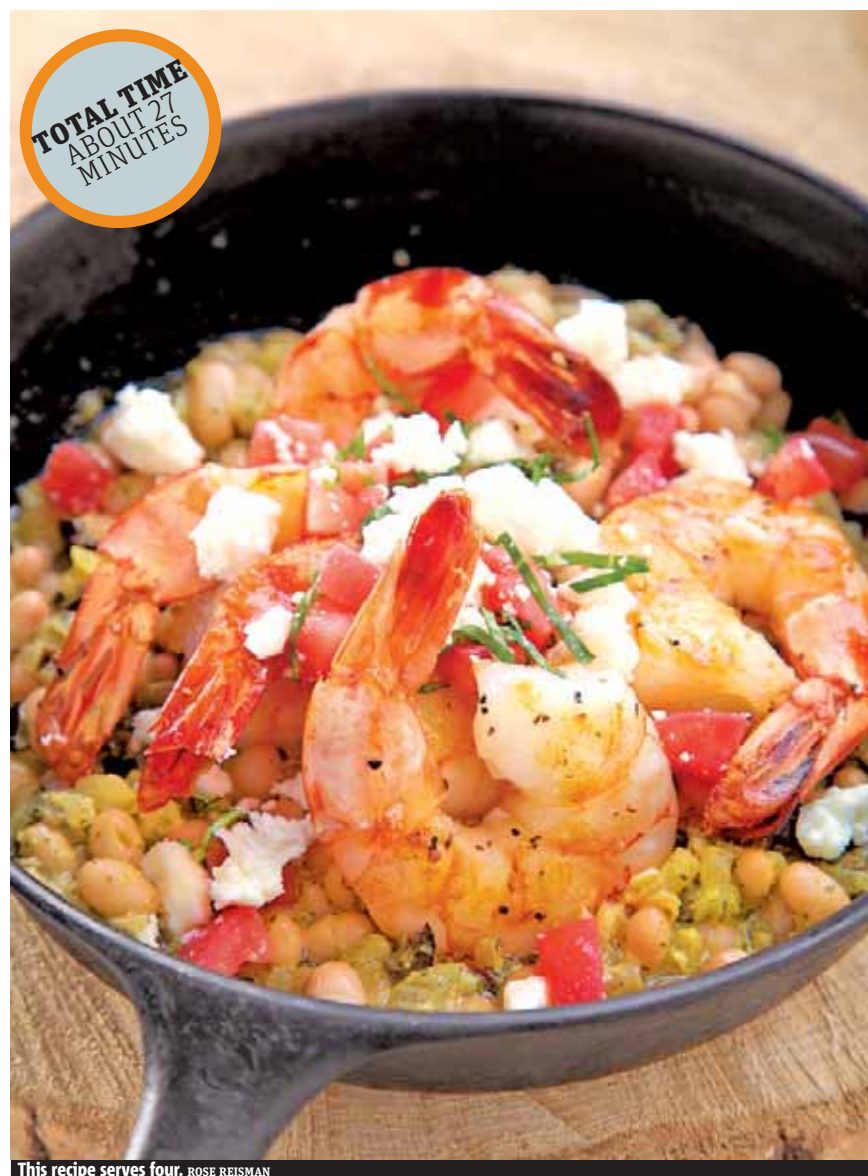
Please RSVP to
halifax@stenbergcollege.com or
Toll Free: 1-855-227-3460

STENBERG COLLEGE

1-855-227-3460
www.stenbergcollege.com



Beans and seafood team up for a dish inspired by fare from Northern Italy



TOTAL TIME
ABOUT 27
MINUTES

This recipe serves four. ROSE REISMAN

Shrimp with White Beans, Lemon and Pesto. If you have a skillet and a few staples, you have a quick meal



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This hearty meal is similar to a classic dish that comes from Northern Italy.

The beans and pesto blend really well with the olives and grilled shrimp.

I love to serve this skillet dish with a green salad, and good quality olive oil and balsamic vinegar.

Add a piece of Italian bread to soak up the delicious pesto and you're in heaven!

If you have the time, cooking the beans from scratch is a real delicacy.

I use the quick soak-and-

cook method.

Just cover your beans with water, bring to a boil and cook for two minutes. Remove from the heat and let sit, covered, for 1 hour. Drain, cover the beans with water and simmer just until tender.

Beans are a high-quality carbohydrate that is rich in vitamins, minerals and fibre. They can help lower cholesterol, high blood pressure, triglycerides and reduce the risk of heart disease. Type 2 diabetes, obesity and osteoporosis.

Beware of store-bought pesto that contains excess oil. You can also make your own pesto using whatever herbs are in season. I like to use a combination of basil, parsley and cilantro for a twist on the traditional.

As a time-saver, cook the

onion and bean dish early in the day, but cook the shrimp just before serving.

Directions

1. Either grill or sauté shrimp in a skillet sprayed with vegetable oil just until cooked (about 5 minutes). Set aside.

2. In a large skillet sprayed with vegetable spray, add the oil and sauté the onion and garlic for 5 minutes on medium heat until soft and lightly browned. Add the beans, pesto, stock, lemon juice, and olives and cook for 2 minutes until the dish is warm.

3. Place on serving plate and top with shrimp, feta and tomatoes. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- Calories. 197
- Carbohydrates. 19 g
- Fibre. 1.3 g
- Protein. 20.5 g

- Total fat. 5.3 g
- Saturated fat. 1.6 g
- Cholesterol. 110 mg
- Sodium. 350 mg

Ingredients

- 12 oz large shelled shrimp (tail left on)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 tsp minced garlic
- 1 1/2 cups canned white navy beans or kidney beans, drained

- and rinsed
- 1/4 cup store-bought or home made pesto
- 1/3 cup low-sodium chicken stock
- 1 1/2 tbsp lemon juice
- 1/4 cup chopped black olives

Garnish

- 1/3 cup crumbled reduced-fat feta cheese (1 1/2 oz/45 g)
- 1/2 cup diced tomatoes

Enjoy your greens with some texture

A delicious and interesting side salad, this dish combines the distinct flavours of kale, sun-dried tomatoes, goat cheese and berries.

Feel free to substitute the kale with arugula or spinach and the berries of your choice.

To rehydrate sun-dried tomatoes just soak them in hot water for five minutes or microwave for one minute. Drain them well and chop.

Avoid those packed in oil, as they contain excess oil and fat.

Ingredients

Dressing

- 1/2 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp water

Salad

- 4 cups baby kale, spinach or arugula
- 1/4 cup halved, toasted cashews
- 2 oz goat cheese, crumbled
- 8 rehydrated sun-dried tomatoes sliced in half
- 1/2 cup black berries or raspberries

I like to use baby kale, which has softer small leaves and is easier to digest than the larger tougher

leaves that have to be "massaged" to become tender.

Kale is a super-green, containing vitamin K, which

supports normal blood clotting, bone health and antioxidant activity. It's also high in iron, Vitamin A, C and calcium.

1. In small bowl, combine garlic, mustard, vinegar, oil, lemon juice and water until well mixed.

2. Place kale in serving bowl; sprinkle with nuts, goat cheese, tomatoes and berries. Pour dressing over top and toss gently.

ROSE REISMAN



This recipe serves four. ROSE REISMAN



RICHARD WOODBURY PHOTO

Gain hands-on experience

With increasing awareness of the benefits of massage therapy, the demand for massage therapists continues to grow. This is something Pam Wilson, the registrar of the Halifax campus of the Canadian College of Massage and Hydrotherapy (CCMH), sees first-hand as many graduates have positions lined up before they complete their studies.

CCMH offers three options of study toward a massage therapy diploma: A 20-month program; a 16-month accelerated program; and a three-year online and on-site hybrid program. Students must also complete 300 hours of clinic practicum.

Hands-on clinics give students experience in niche areas, such as neurological conditions, pregnancy, addictions, chronic pain

conditions and enhanced care (special needs and geriatrics).

The CCMH family of schools has five campuses across Canada and began in 1946.

"Some of the instructors have over 20 years experience as massage therapists and instructors, and most still have thriving practices," Wilson says.

CCMH is centrally located in the Mumford Professional Centre and is easily accessible by Halifax Transit. Campus tours, admissions information sessions, and "student-for-a-day" opportunities are available to anyone interested in pursuing an education in massage therapy.

For more information, contact the admissions department at 902-484-0158.

MASSAGE IS MORE THAN RELAXATION

THERAPY CAN HELP WITH VARIOUS CONDITIONS

For some people, massage therapy evokes thoughts of a relaxing day at the spa. For others, it brings to mind thoughts of a health professional. Much like people go to the dentist if they have a sore tooth, a massage therapist is somebody to see to get assistance with a medical problem.

But what is massage therapy? It's the manipulation of the soft tissues of the body, which helps promote health and wellness, treats acute and chronic health conditions, and reduces the effects of stress.

Perhaps one of the most impressive things about massage therapy is the sheer number of conditions that it can help. While some of the obvious ailments are back and neck pain, sports injuries, stiff joints and muscle spasms, massage therapy can also be a

powerful treatment for diabetes, emphysema, insomnia and digestive issues, plus a long list of other conditions.

Given that registered massage therapists must study anatomy, physiology and pathology as part of their curriculum, it becomes more apparent why massage therapy can be used to treat so many conditions.

While most private health-care plans include coverage for massage therapy, for those who do not have coverage, an inexpensive way to get a massage is to take advantage of a student clinic. Most massage therapy schools have student clinics so its students can get practical work experience. The clinics are conducted under the watchful eye of instructors and the service is usually affordably priced.



SHUTTERSTOCK

COME SEE WHAT IT'S ALL ABOUT!

Fall Open House

Saturday, October 25th
10am - 2pm

Admissions info session @ 9am

- Massage Therapy Diploma Programs
- Next intake: January 2015
- Canada's leader in Massage Therapy education
- Onsite and Online/Onsite options

**CANADIAN COLLEGE OF
MESSAGE & HYDROTHERAPY**

6960 Mumford Road, Suite 180
Mumford Professional Centre
484-0158 • www.collegeofmassage.com



ccmh


Massage Addict



INTRODUCTORY OFFER

\$39* 1 Hour
Therapeutic
Massage
*First visit only

- \$59 Monthly Option
- Therapeutic Massage Clinic
- Registered Massage Therapists
- Open Evenings and Saturdays
- Simple Online Booking
- Receipts for All Insurance Claims
- Direct Billing Where Applicable

Dartmouth 902-462-3338 | Spring Garden 902-407-4040
Book online www.massagedict.ca



Amy Graves is the vice-president of the Massage Therapists' Association of Nova Scotia, which is dedicated to promoting the highest quality practice of massage therapy. RICHARD WOODBURY PHOTO

Pushing for legislation

As the largest association representing massage therapists in Nova Scotia, the Massage Therapists' Association of Nova Scotia (MTANS) is dedicated to promoting the highest quality practice of massage therapy.

To become a registered massage therapist in Nova Scotia, people must complete a minimum of 2,200 hours of curriculum (the equivalent of a two-year college diploma) from a recognized school of massage therapy. As part of this curriculum, people must have studied anatomy, physiology, pathology, massage and assessment techniques, treatments and have clinical experience.

While the standards are demanding, MTANS is looking to strengthen the framework surrounding being a massage therapist.

"We're striving for legislation in Nova Scotia," says Amy Graves, the vice-president of MTANS.

Because the profession is not regulated by the provincial government, MTANS does not have any legal recourse if a massage therapist is practising in an unsafe or unethical manner. Only four provinces are legislated in Canada — B.C., Ontario, Newfoundland, and New Brunswick.

The efforts to become legislated have been ongoing for years in Nova Scotia. When Graves joined the MTANS board three years ago, efforts were underway at that time.

TREATING VARIOUS CONDITIONS

Massage therapy can be used to treat a number of conditions, including many you likely wouldn't think of, such as asthma, chronic fatigue syndrome, constipation, digestive issues, and insomnia.

Legislation would also add to the perceived professionalism of massage therapy and solidify its legitimacy as a form of health care, rather than the perception of it being simply about relaxation and spa days.

"We're really trying to get away from that and we want to be seen as equals with health professionals," Graves says.

Some benefits of massage therapy include reducing pain, increasing circulation, decreasing excessive tone and spasms in muscles, increasing range of motion, and improved overall health.

Legislation would also help ensure that massage therapy isn't practised by people who don't have the proper credentials.

"(Consumers) would know that a standard is maintained and there would be legal recourse if that standard wasn't being maintained," Graves says.

MASSAGE MAKES A DIFFERENCE.

Have you made your appointment yet?

Find a therapist near you

www.mtans.ca



MASSAGE THERAPISTS' ASSOCIATION OF NOVA SCOTIA



Mooseheads miss on weekend sweep

QMJHL. Herd nearly wins both games in home-and-home series vs. Screaming Eagles, settle for a win, a loss



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

The rivalry continues.

The Halifax Mooseheads and Cape Breton Screaming Eagles faced off in a home-and-home series for "rivalry weekend," which had both teams skate away with one win and one loss added to their regular-season records.

The Herd won 5-2 at home on Friday, and then lost 4-1 on the road Sunday, but head coach Dominique Ducharme believes his team could have easily claimed both games.

"With a few minutes to go, we were leading 1-0," he said following Sunday's matchup at Centre 200 in Sydney.

After a scoreless first period, second-year forward Philippe Gadoury notched Halifax's lone goal of the game early in the second period on assists from European imports Nikolaj Ehlers and Timo Meier.

It took until 16:45 in the third period for the Screaming Eagles to tie it up on a nice goal from Jason Bell. Cape Breton's 2-1 lead came on a weird bounce just 34 seconds later, with credit going to Kyle Farrell.

The Moose pulled goaltender Zachary Fucalé for a comeback attempt, but Cameron Darcy scored into the empty net and Evgeny Svechnikov added another marker in the



Kyle Farrell of the Screaming Eagles, left, breaks in on goal while being checked by the Mooseheads' Morgan Nauss during QMJHL action on Sunday in Sydney. T.J. COLELLO/CAPE BRETON POST

final minute.

Fucalé made 36 saves.

"We had a solid game," Ducharme said.

In Friday's game at Scotiabank Centre, Mooseheads forward Maxime Fortier wasn't afraid of a little celebration when he scored.

The rookie right-winger from Montreal leapt off the ice and into the boards, banging his shoulder into the glass — much to the delight of fans at ice level — after scoring the fourth goal of the game in the 5-2 win.

The goal itself was also fun

Quoted

"We just want to go hard every game."

Mooseheads forward Maxime Fortier

to watch.

Fortier skated hard into the offensive zone, crashed the net at top speed and deked out Screaming Eagles netminder Francois Brassard to make it 4-1 at 18:55 in the middle frame.

"I used my speed and went to the net," 17-year-old Fortier said after the game.

He wasn't the only one to entertain fans.

Feisty forward Nikolaj Ehlers scored the fifth and final goal with less than four minutes left using some fancy stick work to walk into the slot and put it past Brassard.

Ehlers, 18, also had a goal in the second period and assisted rookie defenceman Jean-Sebastien Taillefer's first marker in a Mooseheads jersey. Second-year forward Vincent Watt tallied on the power play.

Forward Francis Brunelle scored both of Cape Breton's goals.

AUS men's hockey

Saint Mary's splits weekend games

The Saint Mary's Huskies skated to an 8-2 win over the St. Thomas Tommies in their home opener Friday, but then fell 2-1 to the UPEI Panthers in overtime Saturday, coming out of the weekend in the middle of the AUS men's hockey pack.

In Friday's win, Ben Duffy of Lower Sackville had a hat trick and an assist, Mitchell Maynard of Cole Harbour added a goal and Stephen Johnston had two goals and a helper. Goaltender Anthony Peters had 26 saves.

In Saturday's game, Steven Beyers scored the lone Huskies goal of the game to send it into the extra frame. Peters turned away 37 pucks between the pipes.

Saint Mary's is currently in fourth place in the AUS conference.

The Dalhousie Tigers collected two losses over the weekend, falling 6-3 to the UNB Varsity Reds on Friday and 4-2 to the Moncton Aigles Bleus on Saturday.

KRISTEN LIPSCOMBE/METRO

AUS women's hockey

Mixed results for Halifax teams

The Atlantic University Sport women's hockey season kicked off this past weekend with both of Halifax's teams collecting one win and one loss.

Jesse Rietveld scored twice, while Elizabeth MacArthur contributed a goal and two assists, to lead the Dalhousie Tigers to a 5-2 win Friday over the Mount Allison Mounties. The Tigers scored five straight goals to come back for the win, in their first road game of the season.

The Tigers then hosted the St. Thomas Tommies at the Halifax Forum, falling 4-3 on Saturday. MacArthur scored twice, while Maggie Beaton also added one for Dalhousie. Three of the St. Thomas goals were scored on the power play.

The Saint Mary's Huskies scored four straight Friday in their 4-1 win over the UPEI Panthers, with Caitlyn Schell notching two goals, and both Beatrice Harrietha and Caitlyn Manning scoring singles.

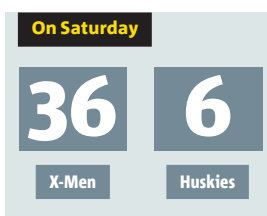
The Huskies then dropped a 6-2 game to the Moncton Aigles Blues. Manning and Haylee Tretiak scored for Saint Mary's.

KRISTEN LIPSCOMBE/METRO

Huskies suffer seventh straight loss

The Saint Mary's Huskies dropped a 36-6 decision to the St. Francis Xavier X-Men on Saturday, losing their seventh straight game and further securing their spot at the bottom of Atlantic University Sport standings.

The X-Men got it going when defensive back Paolo Edwards intercepted the first pass of the game from Huskies quarterback Jean Legault, and returning it 41 yards for a touchdown. It was 7-2 after the



first quarter.

Huskies kicker Chase Kojejs of Bedford added a 26-yard field goal late in the second

quarter to narrow the gap, but X-Men kicker Jeremy Ford finished off a 45-yard drive with a field goal for a 12-5 lead going into halftime.

Quarterback Tivon Cook threw three touchdown passes in the second half to lead the X-Men to the win, and second place in the AUS conference. The X-Men scored 10 unanswered points in the fourth quarter.

Cook completed 21 of 26 passes for 258 yards, though

he threw two interceptions.

Ashton Dickson had 18 carries for 79 yards for the X-Men. For the Huskies, wide receiver Matthew Magee had two catches for 25 yards, while running back Melvin Abankwah rushed for 112 yards on 18 carries.

The Huskies have one more chance to come out of the 2014 season with a win when they host the Acadia Axemen this Saturday. Kickoff is 2 p.m. at Huskies Stadium.

KRISTEN LIPSCOMBE/METRO

Boxing and hoops. WBO champ Pacquiao debuts as basketball player

Manny Pacquiao made his professional basketball debut on Sunday, just a month before he is set to defend his WBO welterweight crown.

Pacquiao started Sunday's game for the newly formed KIA Sorento of the Philippine Basketball Association but played only seven minutes and committed two turnovers in his team's 80-66 win over the Blackwater Elite at Philippine Arena.

The boxing icon, who joined the pro league team as a player-coach, played in a pre-season game earlier this month, finishing with one point and two turnovers after a 10-minute stint.

Pacquiao said after the game he would take a break from his KIA duties to focus on the defence of his WBO welterweight crown on Nov. 22 in



Manny Pacquiao on the court.
GETTY IMAGES

Macau against undefeated junior welterweight champion Chris Algieri.

At five-foot-six, Pacquiao does not have the typical stature of a basketball player, but is a big fan of the sport.

THE ASSOCIATED PRESS

NHL

Drouin returns to Tampa from farm

The Tampa Bay Lightning recalled forward Jonathan Drouin and defenceman Luke Witkowski from the Syracuse Crunch of the AHL on Sunday.

Drouin, the No. 3 pick of the 2013 NHL draft and former Halifax Moosehead, was assigned to Syracuse for conditioning on Thursday and played in two games with the Crunch over the weekend, recording a goal and two assists with a plus-4



Jonathan Drouin GETTY IMAGES FILE

rating.

Drouin, 19, was assigned for conditioning after suffering a minor fracture on his right thumb.

THE ASSOCIATED PRESS



San Jose Sharks forward Eriah Hayes tries a wrap around on Rangers goalie Henrik Lundqvist on Sunday night at Madison Square Garden. ALEX GOODLETT/GETTY IMAGES

Rangers quick and deadly against Sharks

NHL. Nash, St. Louis provide goal blitz and Lundqvist shuts door at Madison Square Garden

That was quick.

Martin St. Louis and Rick Nash scored four seconds apart late in the second period, tying a New York Rangers record,

On Sunday

4

Rangers

0

Sharks

and Henrik Lundqvist made 33 saves Sunday in a 4-0 victory

over the San Jose Sharks.

Lundqvist extended his franchise mark with his 51st career shutout as the Rangers (3-3-0) won their second consecutive game after losing three straight. He preserved the whitewash by denying Patrick Marleau late in the third period with an acrobatic save after dropping his stick.

"It was probably our most complete game of the year," said

Lundqvist, aided by defenceman Matt Hunwick sweeping a loose puck away from the goal line in the first period. "The last couple of games we have been playing better as a group and making smart decisions."

Carl Hagelin and Kevin Hayes also scored for New York, which handed the Sharks (4-1-1) their first loss in regulation this season.

THE ASSOCIATED PRESS



Rams reach into bag of tricks

Rams defenders Robert Quinn, top, and Marcus Roberson bring down the Seahawks' Kevin Norwood on Sunday in St. Louis. With the help of some trick plays on special teams, the Rams overcame the Seahawks' big statistical day to win 28-26. Scan the image with the Metro News app for more scores from the NFL on Sunday. DILIP VISHWANATH/GETTY IMAGES



Manning sits atop TD-pass table

Peyton Manning's receivers played keep-away with his milestone memento and the NFL's new leader in career touchdown passes toyed with the San Francisco 49ers in the Denver Broncos' emphatic 42-17 victory Sunday night.

Manning went into the showdown two TDs shy of Brett Favre's record of 508 and threw four touchdown passes, giving him 510.

He surpassed Favre's mark with an eight-yard strike to Demaryius Thomas late in the second quarter. As he went to retrieve the football, his teammates decided to have some fun.

Thomas tossed the historic ball over Manning and

Games before milestone

246

Peyton Manning reached the milestone in his 246th regular-season game. Brett Favre needed 302 games to make it to 508 touchdown passes.

to Emmanuel Sanders, who then lobbed it to Wes Welker. From there, Welker dished it back to Sanders, who then flipped it to Julius Thomas—all of Manning's favourite targets getting into the act.

Finally, Manning got the ball along with congratulations from his teammates and coaches.

THE ASSOCIATED PRESS



Broncos quarterback Peyton Manning is greeted by Terrance Knighton, left, and Virgil Green after throwing his NFL-record-setting 509th career touchdown pass against the San Francisco 49ers on Sunday night in Denver. JACK DEMPSEY/THE ASSOCIATED PRESS

Kansas City thrives on powerful bullpen

The Big Three. Royals relievers keep things safe after six innings

In each game of the American League Championship Series, the three-headed monster of Kelvin Herrera, Wade Davis and All-Star closer Greg Holland slammed the door on the Orioles.

They did it again in the clincher, a 2-1 win that propelled Kansas City into the World Ser-

ies after a 29-year absence.

Game 1 is Tuesday night against the San Francisco Giants.

The Royals had one of the stingiest bullpens in baseball this season, but the back end was especially dominant. Herrera, who usually handles the seventh inning, had a 1.41 ERA in 70 games. Davis, the eighth-inning guy, had a 1.00 ERA in 71 appearances. And Holland had a 1.44 ERA while saving 46 games, one shy of his franchise record set just last season.

They were at their best in

Comfortable

"Just get us through six in the ballgame and we can turn it over to the bullpen guys."

Royals manager Ned Yost

sending the Royals to the World Series, too.

Herrera pitched 5-2/3 scoreless innings against Baltimore, allowing just two hits. Davis went five scoreless innings, also

giving up two hits. Holland was the only one to give up a run, but he still managed to save all four games, joining Hall of Famer Dennis Eckersley as the only pitchers to accomplish the feat since the ALCS went to a best-of-seven format.

No wonder every other opposing manager has learned the best chance of beating the Royals is to beat their starters. If they have the lead by the seventh inning, the chances of mounting a comeback against their "Big Three" aren't very good. **THE ASSOCIATED PRESS**



Kelvin Herrera pitching against Baltimore. ED ZURGA/GETTY IMAGES FILE

Service Directory

To advertise contact 421-5824

October 20

WINTER RV STORAGE

INSTANT R.V. INDOOR STORAGE

The Winter Home For Your RV



Storage Includes:

- Storage from Nov 1st – Apr 30th
- Four patio blocks – protect your tires from snow
- Brand New Custom Professional RV Winter Cover

Book before Oct 31st for your chance to WIN Two pairs of RV/Trailer Custom Tire Covers!

Starting at \$350. Call today for a quote.

902-259-3006 | info@atorangerv.ca
9200 Highway 14, Milford, NS - Exit 9 off Hwy 102

HOME IMPROVEMENT

Heat Pumps from \$33/month



Heat Pump Guys

902-444-7870

Halifax | Dartmouth | Sackville | HRM

AUTOMOTIVE

AUTO LOANS

- ✓ No Credit?
- ✓ Divorce?
- ✓ Bankruptcy?
- ✓ Repossession?

Bank says NO

We say **YES**

CALL

902-499-9797

Dartmouth, N.S.

We can Help!

www.dalechaissonauto.com

visit metronews.ca



LEGAL NOTICE

2014 SUPREME COURT OF NOVA SCOTIA Hfx No. 428396
BETWEEN: FIRST NATIONAL FINANCIAL GP CORPORATION PLAINTIFF
- and -
TRACEY ANTOINETTE MCCALLUM and MNP Ltd.,
Trustee in Bankruptcy on behalf of KELLY MARK MCCALLUM DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY:

All that piece of parcel of land situate lying and being known as Civic No. 22 Chase Lane, Hammonds Plains, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Kelly Mark McCallum, Mortgagor, Tracey Antoinette McCallum, Releasee, and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 90749442. The subject property has been migrated to the Land Registry System and is known as PID No. 41103334 and is subject to the benefit of two easements in favour of Ramar Developments Limited, the burden of an easement in favour of Nova Scotia Power Inc.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: November 13, 2014.

Time of Sale: 11:30 a.m., local time.

Place of Sale: Conf. Room #3, The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 3E5

Terms: Ten per cent (10%) deposit payable by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

SIGNED at Halifax, Nova Scotia on October 15, 2014.

Richard Bureau
MORRIS BUREAU
Solicitor for the Plaintiff
307-6080 Young Street
Halifax, NS B3K 5L2

Nicholas C. G. Mott, Barrister
Cox & Palmer (Halifax Office)

APARTMENTS

realstar®

Ask about our rental incentives



Park-like setting close to Bayer's Lake Park

STONECREST VILLAGE
80 Chipstone Close

1BR, 2BR, 2BR Large, 3BR, 3BR + Den
(No Security Deposit on Select Suites)

- Cat & Dog Friendly on Select Floors
- 5 Appliances**
- Private Balcony
- In-suite Storage
- 24/7 Deluxe Laundry
- Underground Parking
- New Blinds
- In-Suite Laundry**
- 24/7 On-site Staff
- Community Room

Senior, Military & Capital Health Employee Discounts Available

1-902-701-0021
stonecrestvillage@realstar.ca

Follow us



Steps to Public Gardens & all the shops on Spring Garden Rd.

SPRING GARDEN APARTMENTS
5770 Spring Garden Road

Bachelor, 1BR, 2BR Suite

- Indoor Pool, Sauna & Fitness Facility
- Newly Renovated Suites
- Community Room
- Pet Friendly (Cats & Dogs)
- 24/7 Laundry Facilities
- Underground Parking & On-site Storage
- 24/7 On-site Staff
- New Blinds

Military & Capital Health Employee Discounts Available

1-888-472-1299
springgarden@realstar.ca

15% Seniors Discount

For more information visit: **www.realstar.ca**

MOVERS

EXPRESS MOVING

17ft Truck & 2 Movers \$70/hr

No Gas Surcharge, No Km Charge, No Hidden Fees
Local & Long Distance
expressmoving11@gmail.com



483-2898

EMPLOYMENT

WANTED

Reliable Driver
with own vehicle required
for courier work.

Call after 5pm
902-452-0701

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A friend will offer you advice you should act on. The solution may be painful in the short-term but if you leave a financial issue unresolved it could be hugely costly in the long-term.

♉ Taurus

April 21 - May 21

There may be many things that interest you but there is only one thing that demands your attention. A serious matter needs to be dealt with today.

♊ Gemini

May 22 - June 21

You may have to cut back on your commitments to save time and money but don't overdo it. Jupiter, planet of excess, is strong in your chart today, so you could go too far.

♋ Cancer

June 22 - July 23

You are in a practical frame of mind and that's good because there are everyday issues that need to be dealt with. Focus especially on money matters over the next 24 hours.

♌ Leo

July 24 - Aug. 23

You can be brutally honest and with communications planet Mercury linked to Jupiter, planet of excess, today it is likely you will say something that shocks those around you. Good!

♍ Virgo

Aug. 24 - Sept. 23

Think deeply about what you are doing and where you are going. It's sensible to take stock once in a while.

♎ Libra

Sept. 24 - Oct. 23

Be careful you don't let an opportunity that is tailor-made for your needs slip by without taking advantage of it.

♏ Scorpio

Oct. 24 - Nov. 22

You seem to be having serious misgivings about what a loved one is proposing to do and it is your duty to speak up about it.

♐ Sagittarius

Nov. 23 - Dec. 21

Slow down a bit and prepare yourself, mentally, emotionally and physically, for the exertions that lie ahead. Don't get involved in anything that is likely to drain your energy.

♑ Capricorn

Dec. 22 - Jan. 20

The news you receive today may not be to your liking but you will still have plenty of time to adjust. Patience is not only a virtue but a necessity if you are to make progress over the next few weeks.

♒ Aquarius

Jan. 21 - Feb. 19

Don't listen to those who say you should be different. You don't need to play a role to make your mark. Act in a way that feels natural to you, not in a way you feel is expected.

♓ Pisces

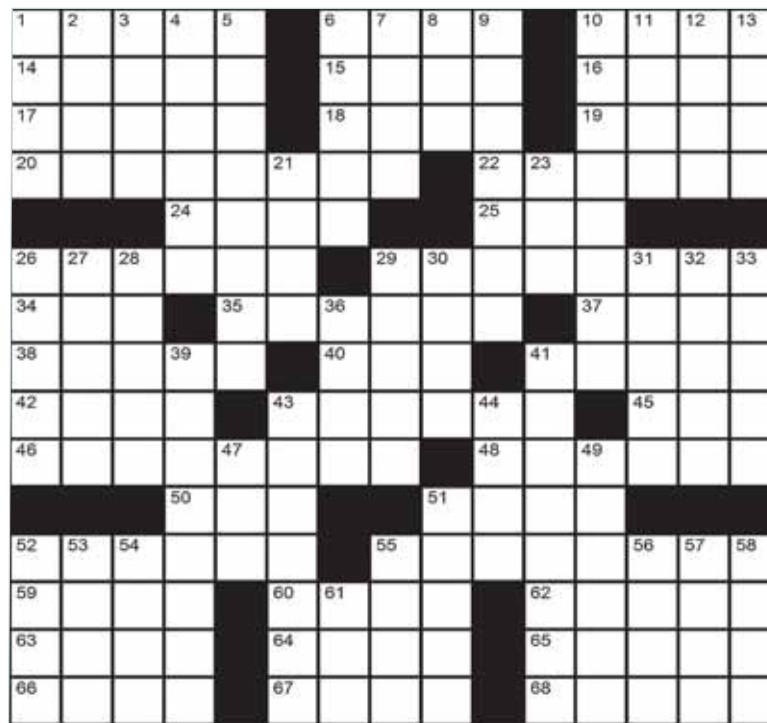
Feb. 20 - March 20

Life may be unpredictable but that's one of the things that makes it interesting. The planets warn you need to accept that even unsettling events have their place in the cosmic plan.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Rock band, Papa _____
6. Canadian Hip-Hop artist, _____ 65
10. Canadian filmmaker Mr. Sennett
14. Sum 41's "____ Deep"
15. Time Machine people
16. Exuberance
17. Catwalk walk
18. Steven _____ Canadian violinist
19. Pharmacy amount
20. Villain's expression when pleased: 2 wds.
22. German author of The Sorrows of Young Werther
24. Barrel
25. Winter's first mo.
26. Sherwood Forest: Maid _____
29. S.S. _____, Canadian ship (named after a character in Shakespeare's The Winter's Tale) which sank in 1918 off Cappahayden, Newfoundland
34. High card
35. Parchment paper
37. Ms. Campbell
38. Scrumptious
40. All-you-can-what?
41. Tree beavers like
42. Virginia willow
43. CNN host Mr. Zakaria



45. Amateur antonym [abbr.]
46. Montreal street; or, actor Jesse
48. Sci-Fi thriller of 2004 filmed in Ottawa
50. Spencer Davis Group's "____ Man"
51. David _____ (Yahoo! co-founder)

52. Sauce sort
55. "Penny _____" (Horror series)
59. Queen in Disney's "Frozen" (2013)
60. Italian saint Philip
62. Mad
63. Ms. McEntire
64. Previous partners
65. Faring

66. Therefore: French
67. Actor Rob
68. Fiction's Jane's _____
1. Climb
2. A-ha's "The Sun Always Shines _____"
3. Longfellow's bell town
4. Anne Murray's "____

- ____ Have This Dance"
5. Poutine component: 2 wds.
6. Darken
7. _____ Bator, Mongolia
8. Bilk
9. Mixed Martial Arts drama starring Nick Jonas, on Bravo
10. _____ Sans Frontières

- = Doctors Without Borders
11. Care- _____ (Care Bears home)
12. Money
13. _____ socks
21. Ancient symbol
23. Atop, in verse
26. Ms. Bialik of "The Big Bang Theory"
27. Razor-sharp
28. Convened again
29. Emergency light signal
30. Plucked instrument
31. One of The Marx Brothers
32. All
33. Comedian Jay's
36. Fall fall-ee
39. Canadian fiddler Ashley
41. Toronto street; or, Ms. Kane who stars as Mary on "Reign"
43. Pajamas fabric
44. Ms. Falco
47. Friend: French
49. _____ Valley, in western Newfoundland
51. Bichon _____ (Small dog)
52. Grazing group
53. Margarine
54. Paperback's ID
55. Mr. Carey
56. Reasonable
57. _____ Reader (Alternative press magazine)
58. Endurance/longevity
61. Prefix to 'skeleton'

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Your opinion matters!

Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.

Go to metronews.ca/panel and join today

NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA

ENERGY 103.5

90'S AND NOW

ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

Roll up for Rims

**BELOW
ZERO**
EVENT

UP TO **0%** FINANCE FOR **84** MONTHS + **5% CASH BACK**

Get up to 5% in cash back on select models. Cash back applied to future purchase only. YOU DO THE MATH!



ROLL UP TO O'REGAN'S TO
RECEIVE FREE WINTER RIMS
ON EVERY PURCHASE

**2014
ELANTRA**

INCLUDES WINTER TIRES AND
FREE WINTER RIMS

\$39 PER WEEK **\$0** DOWN + **\$2500** SAVE

UPGRADE TO A GL AUTOMATIC FOR \$7/WEEKLY
MORE TO WITH \$0 DOWN!



2014 Elantra
"Highest Ranked Compact Car
in Initial Quality in the U.S.™"

*Winter rims are free with the purchase of any new, in-stock 2014/2015 Elantra. Winter tires are included in the payment. Freight, taxes and fees not included. Vehicles not exactly as shown. Offer ends October 31st, 2014. See O'Regan's Dartmouth Hyundai for details.



**CANADA'S
BEST
MANAGED
COMPANIES**
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com